

## CARNISURE PLUS

**For the use of a Registered Medical Practitioner or a Hospital or a Laboratory Only**

Abbreviated Prescribing information for CARNISURE PLUS [Methylcobalamin, Folic acid and Levocarnitine Tablets]

[Please refer the complete prescribing information available at [www.torrentpharma.com](http://www.torrentpharma.com)]

### PHARMACOLOGICAL PROPERTIES:

**MECHANISM OF ACTION: *L-Carnitine***- Levocarnitine can be synthesized within the body from the amino acids lysine or methionine. Vitamin C (ascorbic acid) is essential to the synthesis of carnitine. Levocarnitine is a carrier molecule in the transport of long chain fatty acids across the inner mitochondrial membrane. It also exports acyl groups from subcellular organelles and from cells to urine before they accumulate to toxic concentrations. ***Mecobalamin***: Methylcobalamin is the form of vitamin B12 active in the central nervous system. It is essential for cell growth and replication. In some people the liver may not convert cyanocobalamin, the common supplemental form of vitamin B12, into adequate amounts of Methylcobalamin needed for proper neuronal functioning. ***Folic acid***: Folic acid (also known as vitamin B9) is very important for the development of a healthy foetus, as it can significantly reduce the risk of neural tube defects (NTDs), such as spina bifida.

**INDICATIONS:** Carnisure Plus is indicated as vitamin and micronutrient supplementation in the management of chronic disease.

**DOSAGE AND ADMINISTRATION:** As directed by physician. For oral administration only.

**CONTRAINDICATION:** • Hypersensitivity to the active substance or to any of the excipients

**WARNINGS & PRECAUTIONS: *L-Carnitine***- Chronic administration of high doses of oral L-Carnitine in patients with severely compromised renal function or in ESRD patients on dialysis may result in accumulation of the potentially toxic metabolites, trimethylamine (TMA) and Trimethylamine-N-oxide (TMAO), since these metabolites are normally excreted in the urine. ***Mecobalamin***-\_The treatment of vitamin B12 deficiency can unmask the symptoms of polycythaemia vera. Do not take vitamin B12 if Leber's disease, a hereditary eye disease as it can seriously harm the optic nerve, which might lead to blindness. ***Folic acid*** - There is a potential danger in administering folic acid to patients with undiagnosed anemia since folic acid may obscure the diagnosis of pernicious anemia by alleviating the hematologic manifestations of the disease while allowing the neurologic complications to progress. This may result in severe nervous system damage before the correct diagnosis is made.

**DRUG INTERACTIONS: *L-Carnitine***- Reports of INR increase with the use of warfarin-like products have been observed. INR levels should be monitored. ***Mecobalamin***- Absorption from the gastrointestinal tract may be reduced by neomycin, amino salicylic acid, histamine H2-antagonists, omeprazole, and colchicine. Serum concentrations may be decreased by use of oral contraceptives. Folic acid, particularly in large doses, can cover up vitamin B12 deficiency, and cause serious health effects. Potassium supplements can reduce absorption of vitamin B12 in some people and might contribute to vitamin B12 deficiency. Heavy drinking for at least a two-week period can decrease vitamin B12 absorption from the gastrointestinal tract. ***Folic acid***- Folate deficiency may result from increased loss of folate, as in renal dialysis and/or interference with metabolism (e.g. folic acid antagonists such as methotrexate); the administration of anticonvulsants, such as diphenylhydantoin, primidone, and barbiturates; alcohol consumption and, especially alcoholic cirrhosis; and the administration of pyrimethamine and nitrofurantoin. False low serum and red cell folate levels may occur if the patient has been taking antibiotics, such as tetracycline, which suppress the growth of *Lactobacillus casei*.

**ADVERSE REACTIONS:** Transient nausea and vomiting, abdominal cramps, diarrhea. mild myasthenia, seizures, pulmonary edema, congestive heart failure early in treatment; peripheral vascular thrombosis, polycythemia vera, mild transient diarrhea, transitory exanthema, diarrhea, blood clots,

itching, serious allergic reactions, erythema, skin rash, itching, general malaise, respiratory difficulty due to bronchospasm, anorexia, abdominal distention, flatulence, bitter or bad taste, altered sleep patterns, difficulty in concentrating, irritability, over activity, excitement, mental depression, confusion, and impaired judgment.

**MARKETED BY:**



Torrent Pharmaceuticals Limited.

**IN/Carnisure Plus/250mg,1500mcg,1.5mg/FEB-2026/03/ABPI**

(Additional information is available on request)