

Carnitine Vitamin Mix

Benefits

- Possible uses include treatment of vitamin deficiency in carnitine or other vitamins. Check your prescription label to see what vitamins are included in your personalized medicine. See the end of this document for a list of possible vitamins.
 - Doctors may prescribe medications for off-label use, meaning the FDA has not approved the medication to treat that specific condition. Ask your pharmacist or physician if you have any questions regarding the use of your medication.
- The amount of time it takes to see the full effects of the medication varies between each patient. Consult your prescriber for additional information.

Side Effects

- Possible side effects include skin rash, yellow-orange discoloration in urine, nausea, abdominal pain, diarrhea, dehydration, hypoglycemia, dizziness, vomiting, confusion, irritability, bad taste in mouth, loss of appetite, confusion, irritability, and sleep-pattern disturbance.
- Severe side effects are rare but may occur. Severe side effects include seizure, severe allergic reaction, liver toxicity, or flu-like symptoms.
 - If you experience a severe side effect while taking this medication, please call your physician immediately. You may also report the side effects to the FDA Med-Watch Program at 1-800-FDA-1088.

Administration

- Always follow the directions on your prescription label on how to take your medication.
- Oral Forms
 - Capsule: swallow whole, do not crush or chew.
 - Tablet: follow the directions on your prescription.
 - Oral liquid: swallow prescribed amount using measuring tool provided.
 - Sublingual tablet: place under the tongue and let tablet dissolve.

Additional Information/Warnings

- Take this medication preferably with or following meals.
- Avoid alcohol while taking this medication.

- Alpha lipoic acid may decrease blood glucose concentrations. If diabetic monitor blood sugar levels regularly while taking this medication. Watch out for signs and symptoms of hypoglycemia such as fatigue, sweating, mental confusion, and increased heart rate.
- If you miss a dose of this medication, take it as soon as possible. If it is almost time for your next dose, skip the missed dose and go back to your regular dosing schedule. Do not take 2 doses at once. If you have any questions, please contact your physician or pharmacist.
- Before taking this medication, tell your healthcare provider about all the medications you are currently taking including prescription medications, herbal supplements, vitamins, and over-the-counter medications.
- Call your doctor immediately if you are pregnant, intend to become pregnant, or intend to breastfeed. Your doctor will need to review each medication used during pregnancy or breastfeeding.
- Continue to have routine appointments with your physician to assess and monitor your response to the medication and condition as recommended.
- Do not share medication with another person, even if they have the same symptoms you are experiencing.
- The information in this patient advisory leaflet is not intended to cover all possible uses, directions, precautions, drug interactions, or adverse effects. If you have questions about the medicines, you are taking or would like more information, check with your doctor or pharmacist.
- This compound medication is customized for the patient and is exclusively available with the prescription from a prescriber.
- Please refer to receipt for a list of ingredients in your medication.

Storage

- Refer to the label on your prescription for refrigeration requirements (do not freeze).
 - If refrigeration is NOT required- store medication at room temperature in a cool, dry place. Do not store it in the bathroom, a vehicle, or any other location with varying temperatures or humidity.
 - If refrigeration is required, store in the refrigerator out of reach of children.
- Compounded medications are not usually prepared in child resistant containers and should be kept away from children and pets. If you would like to have a lockable zip lock bag for your compounded medications, please call the pharmacy and ask the technician to include child resistant packaging with your refills.



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- Unused medications left in the medicine cabinet can be a temptation for children and teenagers. Discard unused medications promptly. Do not flush drugs down the toilet or into the sink drain as they could be hazardous to the environment. Contact your local disposal company for more details about how to safely discard medications when they are expired or no longer needed. Big Red Barrel and Yellow Jug are national drug disposal programs. Visit www.bigredbarrel.com
- Contamination may be present if the capsule is slightly damaged or cracked for liquids if a color change occurs or dark spots appear. If any of which are present, do not use and contact pharmacy at 734-545-1117 extension 0 and ask to speak to a representative.

Prescription Expiration & Medication Beyond Use Date

- Refer to the label for the expiration date of your prescription.
 - Your prescription expires in two ways:
 - You have used all the refills prescribed.
 - The prescription has reached the expiration date of one year (or six months for controlled drugs).
 - When a prescription expires, allow plenty of time to visit your doctor and for the pharmacist to compound your prescription renewal.
- Refer to the *discard date* or *beyond use date* on your bottle to learn when your medication should be discarded. Compounded medications have a shorter shelf life than those of manufactured drugs. The beyond use date is the longest date we can guarantee full potency of your medication.

Vitamins and their names:

Vitamin B₁: Thiamine
Vitamin B₂: Riboflavin
Vitamin B₇: Biotin
Vitamin B₉: Folic Acid or Folate
Leucovorin: Folinic Acid (active folic acid derivative)
Vitamin C: Ascorbic Acid
Alpha Lipoic Acid
CoQ-10
Creatine



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Please contact Valiant Compounding Pharmacy at 734-545-1117 or toll free at 855-466-2583 with any questions, concerns, or for prescription refills.

