

## INSTRUCTIONS FOR USE

# Glaucomin™ Capsules

## Nicotinamide B3 750mg

- Read all of this leaflet carefully before you start using **Glaucomin™**
- Keep this leaflet - you may need it again
- If you have any further questions, ask your pharmacist or doctor
- If you have any serious side effects or if you notice side effects not listed in this leaflet, please tell your doctor or pharmacist

### In this leaflet:

1. What **Glaucomin™** is and what it is used for?
2. Before you use **Glaucomin™**
3. How to use **Glaucomin™**
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#### 1. What is **Glaucomin™** and what is it used for?

- **Glaucomin™** is a vitamin called Vitamin B3 in a form that is only Nicotinamide.
- Vitamin B3 contributes to normal functioning of the nerves in your body.
- **Glaucomin™** should not be used as a substitute for a balanced and varied diet or a healthy lifestyle.

- **Glaucomin™** contains no added sugar, sweeteners, salt, no GMO, dairy or gluten.
- **Glaucomin™** is suitable for vegans and vegetarians.

#### 2. Before you use **Glaucomin™**

- Do not use **Glaucomin™** if you are known to be allergic to any of the ingredients listed.
- Do not use **Glaucomin™** if it interacts with other medicines you are taking (ask your pharmacists or doctor if you are unsure).
- Do not use **Glaucomin™** if you are pregnant or breastfeeding.
- Do not use **Glaucomin™** if you have been diagnosed with cancer in the last 5 years (except treated basal or squamous cell carcinoma) or if you have a history of liver disease or stomach ulcers.
- If you are waiting for surgery check with your doctor before you use **Glaucomin™**.
- **Glaucomin™** is not intended for use by persons under the age of 18.

#### 3. How to use **Glaucomin™**

- **Glaucomin™** are 750mg capsules.
- Take two capsules per day – one in the morning and one in the evening.
- Use a little water or fruit juice to help you to swallow **Glaucomin™**.
- Do not exceed the recommended daily dose.

#### 4. Possible Side Effects of **Glaucomin™**

- Nicotinamide rarely causes side effects. However, if you feel unwell after starting to take **Glaucomin™** stop taking it and consult your doctor or pharmacist.

- In rare cases, **Glaucomin™** may cause stomach upset, nausea, vomiting or diarrhoea. If you get these symptoms stop taking **Glaucomin™** and consult your doctor.

#### 5. How to Store **Glaucomin™**

- Store in a cool, dark place out of direct sunlight.
- Do not store above 25°C.
- Store out of reach and out of sight of children.

#### 6. Additional Information

- **Glaucomin™** capsules contain 750mg Nicotinamide, 20mg Brown rice flour and 9mg Magnesium stearate.
- **Glaucomin™** is supplied in a bottle with 60 capsules which is one month's supply.

For further information go to  
[www.glaucomin.co.uk](http://www.glaucomin.co.uk)

**Glaucomin** is a trademark of Warneford Healthcare

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 **Warneford**  
healthcare



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