

# Nuroslide XT Tablet

**Methylcobalamin I.P. 1500mcg + L-Methylfolate 1mg + Pyridoxine HCL I.P. 0.5mg Tablet: Information Guide**

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## Description

This combination tablet contains Methylcobalamin, L-Methylfolate, and Pyridoxine HCL—key vitamins that support nerve function, red blood cell production, and overall neurological health. The formulation is designed to provide nutritional support for individuals with deficiencies or at risk for conditions related to Vitamin B12, folate, and Vitamin B6.

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## Composition (per tablet)

- Methylcobalamin I.P.: 1500mcg (Vitamin B12)
  - L-Methylfolate: 1mg (Folate)
  - Pyridoxine HCL I.P.: 0.5mg (Vitamin B6)
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## Mechanism of Action

- **Methylcobalamin (Vitamin B12):** The active, bioavailable form of Vitamin B12 that supports nerve health, red blood cell production, and DNA synthesis. It is crucial for methylation processes in the body, especially in the nervous system and brain function.
- **L-Methylfolate (Folate):** The active form of folic acid that helps in the

formation of red blood cells, improves cell division, and supports neurological health. L-Methylfolate is important for pregnant women to reduce the risk of neural tube defects.

- **Pyridoxine HCL (Vitamin B6):** Involved in over 100 enzyme reactions related to protein metabolism, Vitamin B6 supports brain function, immune system health, and the production of neurotransmitters that regulate mood and mental clarity.
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## Indications

- **Vitamin B12 Deficiency:** Treatment and prevention of B12 deficiency anemia and neuropathy.
  - **Folate Deficiency:** Often used to treat folic acid deficiency and to support overall folate metabolism.
  - **Neuropathy:** Particularly useful in supporting nerve health, reducing symptoms of peripheral neuropathy, especially related to diabetes or alcohol consumption.
  - **Pregnancy:** To support the increased folate needs during pregnancy and reduce the risk of neural tube defects.
  - **Cognitive Health:** Supports brain health, cognitive function, and mood regulation.
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## Dosage and Administration

- **Recommended Dose:** One tablet daily or as directed by a healthcare provider.
- **Administration:**
  - Swallow the tablet whole with water, preferably after meals.
  - Ensure to follow the prescribed duration for optimal benefits.
- **Medications for Tuberculosis (e.g., Isoniazid):** Can interfere with Vitamin B6 metabolism.
- **Chloramphenicol:** May reduce the effectiveness of folic acid.
- **Alcohol:** Chronic alcohol consumption may affect B-vitamin absorption.

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## Contraindications

- **Hypersensitivity:** Contraindicated in individuals who are allergic to any of the active ingredients (Methylcobalamin, L-Methylfolate, or Pyridoxine HCL).
- **Vitamin B12 Sensitivity:** Individuals with sensitivity to Vitamin B12 or high blood levels of Vitamin B12 should consult a doctor before use.

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## Warnings and Precautions

- **Pregnancy and Lactation:** Safe during pregnancy and lactation when taken as prescribed, especially to prevent folate deficiency and reduce the risk of birth defects. Consult with a healthcare provider for personalized recommendations.
- **Kidney Disease:** If you have kidney issues, consult your healthcare provider before using this supplement, as high doses of certain B vitamins can affect kidney function.
- **Drug Interactions:**
  - **Phenytoin and Phenobarbital:** May reduce the effectiveness of folic acid.

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## Adverse Effects

- **Common Side Effects:**
  - Mild gastrointestinal symptoms such as nausea, bloating, or upset stomach.
  - Headache or dizziness.
  - Fatigue or feeling of warmth.
- **Rare Side Effects:**
  - Allergic reactions such as rash, itching, or swelling of the face or throat.
  - Severe nerve reactions (rare with high doses).

If any severe side effects occur, contact a healthcare provider immediately.

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## Drug Interactions

- **Anticonvulsants (e.g., phenytoin, phenobarbital):** May reduce the efficacy of folic acid.
- **Medications for Tuberculosis (e.g., isoniazid):** May affect Vitamin B6 metabolism.
- **Chloramphenicol:** Reduces the effectiveness of folic acid.
- **Levodopa:** May interfere with the effectiveness of Vitamin B6.

Always inform your healthcare provider about all other medications you are taking.

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## Storage

- **Store in a cool, dry place below 25°C.**
- **Keep out of direct sunlight and moisture.**
- **Keep out of reach of children.**
- **Do not use after the expiration date on the packaging.**

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## Key Points

- **This tablet is an effective supplement for maintaining healthy nerve function, red blood cell production, and overall metabolic processes.**
- **It is especially important for individuals with deficiencies in Vitamin B12, folate, or Vitamin B6.**
- **Regular intake as per doctor's advice ensures optimal health benefits, particularly for neurological support, cognitive function, and immune health.**

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**Note: This product is a dietary supplement and not a substitute for a balanced diet or healthy lifestyle. Always consult a healthcare professional for personalized advice.**

Manufactured in India for:

**Cafoli**<sup>TM</sup>  
L I F E C A R E

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