

# Get clued up on Benerva (thiamine hydrochloride)

## and have the chance to WIN a fabulous water chiller

To support the awarding of a licence to **Benerva**, we invite you to enter this competition to have the chance to **win one of six fantastic new water chillers** for your pharmacy. Simply read this article on Benerva and its new status as a licensed medicine, and **answer the two multiple choice questions** correctly on the freepost entry form below. Good luck!



### What is thiamine deficiency?\*

Thiamine (Vitamin B1) is a vitamin that helps body cells convert carbohydrates into energy. It is also essential for the functioning of the heart,

muscles and nervous system. It occurs naturally in foods such as unrefined cereals, whole grains, lean meats, fish, dried beans, peas and soybeans.

Thiamine deficiency can occur as a result of several

conditions, notably malnutrition and poor nutritional status associated with chronic diseases such as alcoholism. Drinking a lot of alcohol makes it hard to absorb thiamine from foods. Patients suffering from a deficiency may experience weakness, fatigue, psychosis and nerve damage. Thiamine deficiency can lead to the nervous system disease beri-beri, and in severe thiamine deficiency, brain damage can occur.

People suffering from a deficiency should be encouraged to eat a balanced diet that includes foods rich in thiamine, or their GP may recommend taking a supplementary source of thiamine.

### What's the news about Benerva?

Pharmacists should be aware that Benerva (thiamine hydrochloride), which is indicated for the treatment of thiamine deficiency, is now available as a licensed medicine. Previously, Benerva, which is manufactured by Bayer Healthcare, was available as a food supplement, and the brand has a strong heritage in the pharmacy sector.

### What products are available?

The Benerva range includes Benerva 50mg tablets (50mg thiamine hydrochloride), priced at £6.31, and Benerva 100mg tablets (100mg thiamine hydrochloride), priced at £9.78.

### How should Benerva be taken?

Patients with mild thiamine deficiency should take 50-100mg a day of Benerva, while those with severe deficiency should take 200-300 mg per day in divided doses.

### What other advice can I give?

Pharmacies can also advise patients on eating a balanced diet and on which foods are a good source of thiamine. Anyone suspected to be suffering from thiamine deficiency should be referred to their GP.\*\*

**Contact your Bayer representative for current deals. Tel: 01635 563371**

 Bayer HealthCare



\*Information taken from <http://www.nlm.nih.gov/medlineplus/ency/article/002401.htm>

1) This competition is open only to pharmacy assistants currently employed at registered UK pharmacy premises over the age of 18. 2) Entries must be made by 5.00 pm on 30th June 2009. The winners will be notified by post by 9th July 2009. 3) The prizes are restricted by the following conditions: • Bayer plc will have no liability in the case of any damage caused by the Chillers • the pharmacy assistants who win the competition must use the Chillers only in their pharmacy named in the entry process, for the benefit of their pharmacy. 4) Promoter is Bayer plc, Consumer Care Division, Strawberry Hill, Newbury, Berkshire, RG14 1JA. For full terms and conditions please visit [www.bayer.co.uk](http://www.bayer.co.uk)

**Product Information for Benerva 50mg Tablets and Benerva 100mg Tablets** ® = Registered trademark of Bayer AG. **Presentation:** Benerva® 50mg Tablets and Benerva® 100mg Tablets contain thiamine hydrochloride (50mg and 100mg respectively). **Indications:** Treatment of thiamine deficiency. **Dosage and Administration:** **Adults and adolescents over 12 years:** Mild deficiency: 50-100mg per day, severe deficiency 200-300mg per day in divided doses. **Children:** Not recommended for children under 12. **Contra-indications:** Hypersensitivity to thiamine or to any other ingredient in the product. **Warnings and Precautions:** This product contains lactose and sucrose and may be harmful to patients with sugar intolerance. **Side-effects:** Allergic and anaphylactic reactions and mild gastrointestinal events have been reported. **Use in pregnancy:** Use in pregnant or lactating women is not recommended. **RRP:** Benerva® 50mg Tablets 100 tablet bottle £6.31. Benerva® 100mg Tablets 100 tablet bottle £9.78. **MA Number:** Benerva® 50mg Tablets PL 00010/0610 and Benerva® 100mg Tablets PL 00010/0611. **MA Holder:** Bayer plc, Consumer Care Division, Newbury, Berkshire RG14 1JA, UK. **Legal Category:** P. **Date of Preparation:** August 2008.

For your chance to win, simply answer the following questions (the answers can be found in the text above), then fill in the entry form below and fax or post back to us.

### Questions (Please tick one box)

#### 1. Thiamine is also known as which vitamin?

- a. Vitamin B1  b. Vitamin C

#### 2. What's the latest news about Benerva?

- a. It's available as a licensed medicine   
b. It's available in a different strength

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Post code: \_\_\_\_\_

Telephone: \_\_\_\_\_

Now fax back this section to 0207 437 0915 or  
**FREEPOST** to TM Benerva Competition, CIG, Rm 207, FREEPOST 35  
WD5012, Linen Hall, 162-168 Regent Street, London, W1B 5TB  
See page 2 of Training Matters for competition terms and conditions.

**WIN**  
a water chiller  
**6 LUCKY**  
**WINNERS!**