

# Benfotiamine

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## Drug name

Benfotiamine

## Drug Uses

Benfotiamine prevents complications of neuropathy, retinopathy and nephropathy by inhibiting the build-up of glucose in the vessels. This means that the occurrence of diabetic complications might be slowed or prevented.

## How Taken

As a dietary supplement, take two capsules daily, with or without food.

## Drug Class and Mechanism

Benfotiamine is a man-made form of thiamine or B1. Thiamine is a water-soluble vitamin and therefore not as easily used by the body. Benfotiamine is a fat-soluble composition and is better absorbed and utilized. There has been some evidence that benfotiamine may help relieve the severity of diabetic complications such as retinopathy, nephropathy and neuropathy. Most diabetes complications are caused by prolonged hyperglycemia (high blood sugar) due to poorly controlled blood glucose or to disease progression over time. The excess glucose in the blood is deposited in nerve cells and small blood vessels of the extremities, causing damage in these areas which result in signs and symptoms of complications.

## Missed Dose

If you miss a dose of Benfotiamine, 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.

## Storage

Store Benfotiamine at room temperature, between 68 and 77 degrees F (20 and 25 degrees C). Store away from heat, moisture, and light. Keep Benfotiamine out of the reach of children and away from pets.

## Warnings Precautions

You should not use this medication if you are allergic to Saw Palmetto, or have certain conditions. Be sure your doctor knows if you have:

- a bleeding or blood clotting disorder (such as hemophilia);
- stomach ulcer with active bleeding; or
- ulcerative colitis or Crohn's disease.

Before taking saw palmetto, talk to your doctor, pharmacist, herbalist, or other healthcare provider. You may not be able to use this product if you have:

- liver disease;
- heart disease;
- a heart rhythm disorder;
- a history of stomach ulcer; or
- asthma or other breathing disorder.

Do not take saw palmetto without telling your doctor if you are pregnant or plan to become pregnant during treatment. Saw palmetto may be harmful to an unborn baby. It is not known whether saw palmetto passes into breast milk or if it could harm a nursing baby. Do not use this product without telling your doctor if you are breast-feeding a baby. Do not give any herbal/health supplement to a child without the advice of a doctor.

## Possible Side Effects

No side effects attributable to Benfotiamine were observed.

## More Information

A clinical study that appeared in the ADA journal Diabetes in 2003 showed that high-dose thiamine and benfotiamine seemed to prevent microalbuminuria and proteinuria (protein in urine) in diabetic rats. Studies done on people have shown that benfotiamine appears to also relieve neuropathic pain.

## Site:

[Benfotiamine](#)