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ASCORBIC ACID+ ZINC

500 mg / 10 mg Tablet
VITAMIN/MINERAL

FORMULATION:

Each tablet contains:

Ascorbic Acid.....500 mg
(equivalent to 562.43 mg Sodium Ascorbate)
Zinc.....10 mg
(equivalent to 27.5 mg Zinc Sulfate Monohydrate)

PHARMACOLOGIC CATEGORY:

Vitamin – Mineral.

WHAT IS THE MEDICINE USED FOR?

Prevention and treatment of Ascorbic Acid deficiency and to support a healthy immune system. Hastens wound healing and increases body resistance to severe infections and common colds. Prevents growth retardation, immune dysfunction, delayed sexual maturation, anorexia, diarrhea and delayed wound healing. Management of stress and fatigue.

PRODUCT DESCRIPTION:

This product is light orange colored size 8.5 mm tablet plain on one side bisected on the other side.

WHAT IS IN THE MEDICINE?

This nutritional supplement contains Ascorbic Acid and Zinc. Ascorbic Acid and Zinc together helps the body's natural defense against damaging free radicals (anti-oxidant effect) and help boost immune function. Free radicals are highly reactive and unstable chemicals generated during normal body activities that require oxygen (e.g., respiration, digestion, blood circulation, immune system response, increased physical activity, etc.) and after exposure to UV light, cigarette smoke and various pollutants. One major effect of zinc is on the ability of cells to properly replicate their DNA, which is required for cells to multiply. Hence, zinc is needed for normal growth, cell renewal and cell repair. Ascorbic Acid and Zinc also function as cofactors of enzymes involved in collagen formation and synthesis. Collagen provides strength and elasticity to skin and helps promote faster wound healing.

HOW MUCH AND HOW OFTEN SHOULD YOU USE THIS MEDICINE?

Adult dose: Orally, take 1 tablet once a day or, as prescribed by a doctor.

WHEN SHOULD YOU NOT TAKE THIS MEDICINE?

If you are allergic to any component of the product.

UNDESIRABLE EFFECTS:

Ascorbic Acid:Ascorbic Acid is usually well tolerated. However, nausea, vomiting, heartburn, abdominal cramps, fatigue, flushing, insomnia, and sleepiness have been reported with high doses of Ascorbic Acid, particularly ascorbic acid (i.e., 1 g or more daily).

Zinc: Gastrointestinal side effects such as nausea and vomiting are seen with high doses of zinc. The Tolerable Upper Intake Level of elemental Zinc is 40 mg per day.

WHAT OTHER MEDICINE OR FOOD SHOULD BE AVOIDED WHILE TAKING THIS MEDICINE?

The amount of nutrients in the product is not expected to interact with food or other medicines.

WHAT SHOULD YOU DO IF YOU MISS A DOSE?

If you miss the dose for the day just take the next dose and the subsequent doses at the usual recommended schedule, i.e., once a day. Do not double the dose unless recommended by a doctor.

SIGN AND SYMPTOMS OF OVERDOSAGE:

Ascorbic Acid: Prolonged intake of Ascorbic Acid in excess of 2 g/day may lead to nausea, abdominal cramps, diarrhea, and nose bleeds.

Zinc: Rare occurrences of acute zinc poisoning have been reported. The toxicity signs observed after ingestion of high zinc doses (4 to 8 grams) include nausea, vomiting, diarrhea, fever, metallic taste and lethargy (sleepiness).

WHAT TO DO WHEN YOU HAVE TAKEN MORE THAN THE RECOMMENDED DOSAGE?

If you have taken more than the recommended dosage, consult a doctor.

CARE THAT SHOULD BE TAKEN WHEN TAKING THIS MEDICINE:

Ask a doctor before use if you are on a sodium restricted diet due to its sodium content.

Do not take more than the recommended dose.

PRECAUTION:

Ascorbic Acid is usually well tolerated. Large doses are reportedly to cause diarrhea and other gastrointestinal disturbances.

Prolonged administration of high doses of Zinc supplements leads to copper deficiency with associated sideroblastic anemia and neutropenia.

INTERACTION:

Ascorbic Acid: May alter kidney function with long-term use of Ascorbic Acid and antacids containing aluminum. Interfere with absorption with aspirin, Desferioxamine.

Zinc: Tetracycline and Ciprofloxacin.

ADVERSE DRUG REACTION:

Ascorbic Acid: Nausea, vomiting, heartburn, abdominal cramps, fatigue, flushing, insomnia and sleepiness (at high doses ie ≥ 1 g daily). **Zinc:** GI effects like nausea and vomiting (doses >30 mg).

WHEN SHOULD YOU CONSULT YOUR DOCTOR?

If any undesirable effects occurs.

Do not use after the expiry date on the label.

If taking other Vitamin and Mineral supplement.

STORAGE:

Store at temperatures not exceeding 30°C.

PACKAGING:

In blister pack (aluminum foil and amber PVDC)

Tradebox by 60's and 100's

ADR REPORTING STATEMENT:

For suspected adverse drug reaction, report to FDA: www.fda.gov.ph

Seek medical attention immediately at the first sign of any adverse drug reaction.

Registration No.: DR-XY46908

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Valid Until: June 9, 2025

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Manufactured by:

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