

NLI

**ASCORBIC ACID + ZINC +
VITAMIN D3**

500 mg / 10 mg / 1000 IU Capsule
VITAMIN/MINERAL

FORMULATION:

Each capsule contains:

Ascorbic Acid500 mg
Zinc.....10 mg
(equivalent to 27.5 Zinc Sulfate Monohydrate)
Vitamin D3.....1000 IU

PHARMACOLOGIC CATEGORY

Vitamin – Mineral.

PRODUCT DESCRIPTION

This product is off-white to yellowish-brown colored powder in empty vegetable capsule size 0.

WHAT IS IN THE MEDICINE?

This nutritional supplement contains Ascorbic Acid, Zinc and Vitamin D3. Vitamin C, Zinc and Vitamin D3 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. Vitamin C 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. Vitamin D3 increases the production of calcium-binding proteins in the lining of the small intestine. Vitamin D3 is an extremely important vitamin that has powerful effects on several systems throughout the body. It has many roles in the body, including modulation of cell growth, neuromuscular and immune function and reduction of inflammation.

STRENGTH OF THE MEDICINE

Please see formulation.

WHAT IS THE MEDICINE USED FOR?

Prevention and treatment of Vitamin C, Vitamin D3 and Zinc 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. Vitamin D3 is required for normal bone formation. Vitamin D acts to maintain normal concentrations of Calcium and Phosphorous in plasma.

HOW MUCH AND HOW OFTEN SHOULD YOU USE THIS MEDICINE?

Orally, take 1 capsule 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.
After the expiry date on the label.

CARE THAT SHOULD BE TAKEN WHEN TAKING THIS MEDICINE

Do not take more than the recommended dose.
Consult your doctor before taking this medicine if you have hyperoxaluria (an excessive excretion of oxalate in your urine) or a condition known as (G₆PD) deficiency.
Inform your physician before use if the patient is on a sodium-restricted diet.

UNDESIRABLE EFFECTS OF THIS MEDICINE

Vitamin C: Nausea, vomiting, heartburn, abdominal cramps, fatigue, flushing, insomnia, and sleepiness have been reported with high doses of Vitamin C (i.e., 1 g or more daily).
Vitamin Toxicity is very rare because the body cannot store the vitamin and immediately excretes it in urine. However, if you take amounts greater than 2,000 mg/day you may experience stomach upset and diarrhea. The daily use of high doses may lead to formation of oxalate stones in the kidneys. You may also experience disturbed water and electrolyte balance in your body, increased hemolysis (breaking-up of red blood cells), increased calcium in the kidneys and suppression of cobalamine (Vitamin B₁₂) activity. If you have a condition called

glucose-8phosphate dehydrogenase (G₆PD) deficiency, taking too much Vitamin C can cause hemolysis which may cause you to feel tired, or dizzy, or even cause you to be anemic. In some rare cases, you may experience painful urination or pink/bloody urine. If any of these effects persist, tell your doctor immediately for women who take high doses of Vitamin C during pregnancy, your babies may develop "rebound scurvy" after birth and require immediate Vitamin C supplementation.

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.

Vitamin D₃: Vitamin D3 in doses of 3,800 IU (38 mg) or greater per day have been reported to cause hypercalcemia. Serious side effects of Vitamin D₃ include but are not limited to Allergic reactions like rash or itching; swelling of the face, throat and tongue, severe dizziness; trouble breathing, changes in heart rhythm including irregular or racing heart beat. Rare side effects although it doesn't happen very often includes dry mouth; headache; vomiting; weakness and lack of energy; fatigue.

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.
Concomitant use of mineral oils, Olestra, Orlistat and bile acid sequestrants (e.g., Cholestyramine, Colestipol) may reduce the absorption of Vitamin D.
Concomitant use of anticonvulsants, Cimetidine and Thiazine may decrease the effect of Vitamin D.

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 OVERDOSE

Vitamin C: Prolonged intake of Vitamin C 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).
Vitamin D₃: Chronic ingestion of 50,000 to 100,000 IU (500 – 1000 mg) of Vitamin D per day may result to hypervitaminosis D. Signs and symptoms include hypercalcemia, hypercalciuria, anorexia (loss of appetite), nausea, vomiting, polyuria (frequent urination), polydipsia (excessive thirst), weakness, lethargy (fatigue), and constipation.

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

If you have taken more than the recommended dosage and you are experiencing adverse symptoms, seek medical attention immediately.

HOW SHOULD YOU KEEP THIS MEDICINE?

Store at temperatures not exceeding 30°C, protected from heat and direct sunlight. Keep out of reach and sight of children.

WHEN SHOULD YOU CONSULT YOUR DOCTOR?

If any undesirable effects occurs.
If symptoms persist or worsen after a few days of taking this medicine or if you believe you are experiencing an adverse reaction to this medicine. It would be best to consult your physician as soon as possible.
If taking other Vitamin and Mineral supplement.

PACKAGING:

In blister pack x 10's
(Box of 30's, 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.

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Manufactured by:
NORTHFIELD LABORATORIES INC.
#8 Philstar Ave., First Bulacan Industrial City, Tikay,
Malolos, Bulacan