

ASCORBIC ACID + ZINC
(as SODIUM ASCORBATE)

CONTINGEN - Z

500 mg / 10 mg

CAPSULE

VITAMIN AND MINERAL

FORMULATION :

Each Capsule contains:

Sodium Ascorbate (eq. to 500 mg Ascorbic Acid) 568.18 mg
Zinc Sulfate Monohydrate (eq. to 10 mg Zinc) 27.45 mg

DESCRIPTION OF PRODUCT:

CONTINGEN - Z is an off white to light brown crystalline powder filled in dark brown (body) / dark brown (cap) hard gelatin capsule size # 0

WHAT IS IN MEDICINE?

The product contains Ascorbic Acid (Vitamin C; as Sodium Ascorbate) and Zinc (as Zinc Sulfate Monohydrate).

Vitamin C and zinc together help the body's natural defense against damaging free radicals (antioxidant 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.

IMPORTANT FUNCTION OF VITAMIN C AND ZINC:

NUTRIENTS	FUNCTIONS
VITAMIN C	<ul style="list-style-type: none">The body's major water-soluble antioxidant which acts as first defense against free radicals in the aqueous (water) phase including blood, plasma and other intracellular and extracellular fluidsForms part of the body's natural immune system; it stimulates the activity of antibodies and immune cells which inhibit foreign antigens such as bacteria and viruses that are harmful to the body. A cofactor of enzymes involved in the formation of collagen, the most abundant protein essential in the formation of bones, teeth, cartilage, and skin. Collagen provides strength and elasticity to the skin and helps promote faster wound healing
ZINC	<ul style="list-style-type: none">Cofactor of various enzymes involved in cell division and growth. Required for the normal development and maintenance of the immune system; helps regulate the activity of cells involved in immune functionFunctions as an antioxidant by being a cofactor of the enzyme superoxide dismutase which is involved in the removal of harmful free radicalsEssential for skin integrity and wound healing; it stabilizes cellular components and membranes and promotes tissue renewal and repair by acting as a cofactor of enzymes involved in protein and collagen synthesis

STRENGTH OF THE MEDICINE: Please see Formulation

WHAT IS THIS MEDICINE USED FOR?

This nutritional supplement CONTINGEN - Z is for the treatment and prevention of vitamin C and zinc deficiencies. The product CONTINGEN - Z may also be used to hasten wound healing and increase body resistance from infectious diseases, and it can also be used to promote healthy gums, teeth, and other connective tissues.

HOW MUCH AND HOW OFTEN SHOULD YOU USED THIS MEDICINE?

Orally, 1 capsule once a day.
For Cold symptoms take 3 to 4 capsules daily. Or as directed by a doctor.

WHEN SHOULD YOU NOT TAKE THIS MEDICINE?

If you are allergic to any component of this product.

CARE THAT SHOULD BE TAKEN WHEN TAKING THIS MEDICINE?

Ascorbic Acid should be given with care to patients with hyperoxaluria. Tolerance may be induced in patients taking high doses. Prolonged used of high doses of zinc leads to copper deficiency with associated sideroblastic anemia and neutropenia; full blood counts and serum cholesterol should be monitored to detect early signs of copper deficiency.

UNDESIRABLE EFFECTS:

Vitamin C

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

Zinc

* Gastrointestinal side effects such as nausea and vomiting are seen with doses of elemental zinc greater than 40 mg.

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 a dose, just take the next dose and subsequent doses at the usual recommended schedule. Do not double dose.

SIGNS AND SYMPTOMS OF OVER DOSAGE

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).

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

If you have taken more than the recommended dosage, consult a doctor or contact a Poison Control Center right away.

HOW SHOULD YOU KEEP THIS MEDICINE?

Store at temperatures not exceeding 30°C.

WHEN SHOULD YOU CONSULT YOUR DOCTOR?

If any undesirable effects occur consult your doctor.

ADR Reporting Statement:

For suspected adverse drug reaction, report to FDA: www.fda.gov/ph. Patient must seek medical attention immediately at the first sign of any adverse drug reaction.

AVAILABILITY:

Alu/PVC Red Blister Pack of 10's (Box of 100's) Capsules

REFERENCE : Martindale 36th Edition

FDA Registration No. :

SHELF-LIFE : 24 Months



Manufactured by:
SAN MARINO LABORATORIES CORP.
1 Crisanto delos Reyes Street, Brgy Javalera
Gen. Trias Cavite