



Ascorbic Acid + Zinc

Zip - C

500 mg/10mg Capsule
Vitamin / Mineral

Description of the product

Off-white to yellowish white crystalline powder encapsulated in slightly soft and slightly brittle empty gelatin capsule size #0 with Scarlet opaque cap and Scarlet opaque body.

What is in the medicine?

This nutritional supplement contains Vitamin C and Zinc. Vitamin C and Zinc together help the body's natural defense against damaging free radicals (antioxidant effect) and 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 the skin and helps promote faster wound healing.

Strength of the medicine

Each capsule contains:
Ascorbic acid (equivalent to 562.43 mg Sodium Ascorbate).....500 mg
Zinc (equivalent to 70.00 mg Zinc Gluconate).....10mg

What is this medicine used for?

Indicated for the treatment and prevention of Vitamin C and Zinc deficiencies.

How much and how often should you use this medicine?

Adult Dose

1 capsule daily or as prescribed by a physician.

When should you not take this medicine?

If you are allergic to any component in the product.

Care that should be taken when taking medicine?

Inform physician before use if the patient is on sodium restricted diet.
Do not take more than the recommended dose.
Consult a physician if any adverse effects occurs.
Do not use after the expiry date.

Undesirable effects of this medicine

Vitamin C

Vitamin C is usually 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 are other medicines or food should be avoided while taking this medicine?

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

What should you do if you miss a dose?

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

Signs 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 dose (4-8 g) 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 physician.

How should you keep this medicine?

Store at temperatures not exceeding 30°C. Protect from heat and moisture.
Keep the product out of reach of children.

When should you consult your doctor?

If any undesirable effect occurs.

Availability

Alu- PVC/PVDC Amber Colored Blister Pack x (Box of 100's and Box of 30's)

Manufactured for:

NATRAPHARM, INC.

The Patriot Building
Km 18, West Service Road, South Luzon Expressway, Parañaque,
Metro Manila

Name and address of manufacturer

LLOYD LABORATORIES, INC.

No. 10 Lloyd Avenue, First Bulacan Industrial City,
Malolos, Bulacan

ADR Reporting Statement:

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

Registration number

DR-XY47199

Date of first authorization

16 March 2021

Date of revision of Patient Information Leaflet

September 2021