

VITA-C

Vitamin - C Tablets 500 mg

Composition:

Each Chewable Tablet Contains:

Ascorbic Acid BP200 mg
Sodium Ascorbate BP338 mg
Equivalents to Ascorbic Acid300 mg
Excipientsq.s.

Approved colour used.

(Appropriate overages of Vitamins are added to compensate for loss on storage)

Pharmaceutical Form:

Chewable Tablets.

Therapeutic indications:

VITA-C chewable tablets are indicated for the prevention and treatment of ascorbic acid (Vitamin C) deficiency if sufficient supply from the diet is not ensured.

Posology and method of administration:

Posology:

Adults and Children ≥ 13 years:

1-2 tablets per day (equivalent to 500 or 1000 mg/day) until symptoms abate.

Children 6-12 years:

1 tablet per day (equivalent to 500 mg/day) until symptoms abate.

A longer duration of treatment may be required in the case of ascorbic acid deficiency.

Reevaluate treatment if use is planned for more than 6 months.

These formulations are not recommended for use in children under 6 years.

Renal Impairment:

Caution is required in patients with renal impairment.

Or as directed by the physician.

Method of Administration :

For oral use.

VITA-C should be taken orally. VITA-C are to be chewed before swallowing.

Contraindications:

VITA-C are contraindicated in :

- Hypersensitivity to the active ingredient or any of the other constituents.
- Oxalate urolithiasis and iron storage diseases (thalassaemia, haemochromatosis, sideroblastic anaemia) or other medical conditions that predispose individuals to iron overload.

Warnings and Precautions:

Exceeding the recommended dose should be avoided as there have been isolated reports of severe haemolysis in patients with erythrocytic glucose-6-phosphate dehydrogenase deficiency when taking high doses (> 4000 mg/day) of ascorbic acid. Do not exceed the recommended dose.

Caution is required and use the minimum recommended dose in patients with renal impairment.

Patients with rare hereditary fructose intolerance, glucose-galactose malabsorption or sucraseisomaltase deficiency should not take ascorbic acid.

Pregnancy and Lactation:

It is recommended not to exceed the stated doses during pregnancy and lactation. Ascorbic acid is excreted in breast milk and crosses the placenta.

Undesirable effects:

Adverse reactions are listed below:

Immune system disorders:

Allergic reactions, including hypersensitivity reactions (such as shortness of breath, swelling of the face and skin rash).

Nervous system disorders:

Headache and dizziness.

Gastrointestinal disorders:

Nausea, vomiting, diarrhoea, dyspepsia and abdominal pain.

General disorders and administration site conditions:

Fatigue.

Overdose:

Occasionally transient osmotic diarrhoea may occur in doses over 3 g and almost always at doses above 10 g.

There is a risk of haemolysis and kidney stones being formed if high doses of ascorbic acid are taken.

Storage:

Store in a cool & dry place, below 30°C.

Protect from light.

Keep the medicines out of reach of children.

Presentation:

10 tablets in a strip pack.

Such 10 strips are packed in a printed carton along with pack insert.

Manufactured By :

