

Package leaflet: Information for user

ZU-C 500

(Vitamin C Chewing Tablets 500 mg)

Read all of this leaflet carefully before you are given this medicine.

- Keep this leaflet. You may need to read it again
- If you have any further questions, ask your doctor or nurse
- This medicine has been prescribed for you. Do not pass it on to others. It may harm them, even if their symptoms are the same as yours
- If you get any side-effects talk to your doctor, this includes any possible side effects not included in this leaflet.

In this leaflet:

1. What ZU-C 500 is and what they are used for?
2. What you need to know before you are given ZU-C 500
3. How to take ZU-C 500
4. Possible side effects
5. How to store ZU-C 500
6. Content of pack and other information.

1. What ZU-C 500 is and what they are used for?

ZU-C 500 contains ascorbic acid. Ascorbic acid is a nutritional supplement commonly called Vitamin C. It is used to prevent and treat Vitamin C deficiency (e.g. scurvy) or other conditions requiring extra vitamin C.

2. What you need to know before you are given ZU-C 500?

Do not use ZU-C 500 if:

- If you are allergic to ascorbic acid or any of the other ingredient of this medicine.
- You have a condition called hyperoxaluria, where you have too much calcium oxalate crystals in your urine. This can lead to kidney stones.

If this applies to you talk to your doctor or nurse.

Warnings and Precautions

Check with your doctor before taking ZU-C 500 if:

- You have kidney problems
- You smoke
- You have an enzyme deficiency called G6PD deficiency. Large doses of ascorbic acid can cause your blood cells to break up.
- If you have undergone any blood or urine test as Vitamin-c interfere with the results.

Tell your doctor if you are taking any of the following medicines:

- Aspirin

- Desferrioxamine used to treat iron overload
- Medicines used to treat epilepsy (e.g. phenytoin)
- Appetite suppressants (e.g. fenfluramine)
- Oral contraceptives which contains oestrogen (e.g. “the pill”)
- antibiotics (e.g. tetracycline)
- iron supplement
- oral anticoagulants (e.g. Warfarin)
- fluphenazine for mental disorders
- Any other medicine, including medicines obtained without a prescription.

If any of the above applies to you talk to your doctor or nurse.

Ascorbic acid tablets should not be taken for the first month after starting Desferrioxamine treatment.

Pregnancy and breast-feeding

Tell your doctor if you are pregnant, trying to become pregnant or breastfeeding.

Large doses of ascorbic acid, i.e. greater than 1g daily, should not be taken during pregnancy since the effect of large doses on the foetus is unknown.

Ascorbic acid is excreted in breast milk but there is no evidence of any hazard to the baby.

Driving and using machines.

This medicine doesn't affect the ability to drive or operate the machinery. If you think it you are affected, you should not drive or operate machinery until you feel better.

3. How to take ZU-C 500 tablets.

Always take ZU-C 500 exactly as your doctor has told you. You should check with your doctor or pharmacist if you are not sure.

Tablet should be chewed before swallowing.

Unless otherwise prescribed by your doctor, the usual dose is as follows:

- Adults and Children > 12 years: 1-2 tablets per day (equivalent to 500 or 1000 mg/day) until symptoms subside.
- Children 6-12 years: 1 tablet per day (equivalent to 500 mg/day) until symptoms subside.
- Vitamin C Chewable Tablets are not recommended for children under 6 years.

If you take more ZU-C 500 tablets than you should

If you have taken a lot of tablet at the same time or you think your child may have swallowed any, contact nearest hospital casualty department and tell the doctor immediately.

Large doses of ascorbic acid may cause diarrhoea and kidney stones may form if your urine is acidic. Doses of 600 mg or more may lead to more frequent passing water.

If you forget to take ZU-C 500 tablets

Do not take a double dose to make up for a forgotten dose, as you would not substitute the missing amount but you risk overdosing.

Continue the treatment according to the instructions.

If you have any further questions about the use of this medicine, ask your doctor or pharmacist.

4. Possible side effects

Like all medicines ZU-C 500 can cause side effects, although not everybody gets them.

- Diarrhoea, stomach cramps, nausea (feeling sick), vomiting, headache etc.
- Flushing, redness of skin
- Haemolytic anemia (body's own immune system breaks the Red blood cells), signs may include fatigue and paleness.
- Increased urination (passing water) due to diuretic effect
- Formation of kidney stones if your urine is acidic.

If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or nurse.

Reporting of side effects

If you get any side effects, talk to your doctor. This includes any possible side effects not listed in this leaflet. You can also report side effects directly: Website: www.zuventus.co.in and click the tab "Safety Reporting" located on the top of the home page.

By reporting side effects, you can help provide more information on the safety of this medicine.

5. How to Store ZU-C 500 tablets

Keep out of the reach and sight of children.

Do not use ZU-C 500 tablets after the expiry date which is stated on the outer carton/container. The expiry date refers to the last day of that month.

Do not store above 25°C.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help to protect the environment.

5. Content of The Pack and Other Information

What ZU-C 500 tablets contain:

Each uncoated chewable tablets contains:

Ascorbic Acid IP	50 mg
Sodium Ascorbate IP equivalent to Ascorbic Acid	400 mg
Ascorbyl Palmitate IP	120 mg
L- Lysine Hydrochloride USP equivalent to L- Lysine ...	6 mg
Excipients	q.s.
Colour: Sunset of Yellow FCF	

Packaging information: 20 strips of 15 tablets each.

Marketing authorization holder

Zuventus Healthcare Limited

Zuventus House, Plot Y2, CTS No.: 358/A2,
Near Nahur Railway Station,
Nahur (W), Mumbai, 400078 Maharashtra, India

This leaflet was last revised in 10/ 2023.