

Zinkacil-D3®



(Vitamin C, Zinc & Vitamin D3 Softgel Capsule)

Composition:

Each Soft Gelatin Capsule Contains:
Vitamin C BP : 500 mg
Zinc Sulphate Monohydrate BP
Eq. to elemental Zinc: 40 mg
Vitamin D3 BP : 1000 IU

Category:

Nutritional supplement

Pharmacology:

Zinc is an essential element of nutrition and. It is a constituent of many enzyme systems and is present in all tissues. Zinc is involved in numerous aspects of cellular metabolism. It is required for the catalytic activity of multiple enzymes and it plays a role in immune function, protein synthesis and wound healing. Zinc has also been widely used for cough and sore throat associated with acute upper respiratory tract infection.

Vitamin C is a naturally occurring vitamin, present in some foods, added to others, and available as a dietary supplement. Humans, unlike most animals, are unable to synthesize vitamin C endogenously, so it is an essential dietary component. It plays an important part in the response of the body to stress. Studies have shown that vitamin C is important for the effective phagocytic activity of leukocytes. Vitamin C possesses some anti-inflammatory activity and protects cells against oxidation damage. Symptomatic therapies, which are useful for sore throat, include anticholinergic, antihistamine; decongestant, humidified hot air and Vitamin C.

Vitamin D3 is a fat-soluble vitamin that helps the body absorb calcium and phosphorus. Having the right amount of vitamin D, calcium, and phosphorus is important for building and keeping strong bones. Vitamin D is used to treat and prevent bone disorders (such as rickets, osteomalacia). Vitamin D is made by the body when skin is exposed to sunlight. Sunscreen, protective clothing, limited exposure to sunlight, dark skin, and age may prevent getting enough vitamin D from the sun.

Indications:

- As treatment in vitamin D deficiency states; as an adjuvant supplement to maintain bone health
- As an immune booster, for reduction in recurrent episodes of respiratory infections
- For symptomatic relief of all types of cough caused by respiratory infections, allergies, smoking etc

Contraindications:

Known hypersensitivity to any of the ingredients of the product

Precautions and Warnings:

- Large doses of ascorbic acid have resulted in haemolysis in patients with G6PD deficiency; therefore, this combination should be prescribed with caution in these patients.
- Prolonged use of high doses of zinc supplements leads to copper deficiency with associated sideroblastic anaemia and neutropenia; full blood counts and serum cholesterol should be monitored to detect early signs of copper deficiency.
- Zinc toxicity has occurred after the use of contaminated water in haemodialysis solutions. High serum zinc concentrations may be reduced by using a chelating drug such as sodium calcium edentate
- There have been reports of anaemia, leucopenia, and neutropenia in patients consuming excessive amounts of zinc supplements

Use in Pregnancy & Lactation:

- There are no adequate data from the use of Zinkacil-D3 Capsules in pregnant women. The potential risk for humans is unknown. Therefore, this combination should not be used during pregnancy unless considered essential by a physician.

- Zinkacil-D3 Capsules should not be used during lactation unless considered essential by a physician.
- Zinkacil-D3 Capsules should be taken only as per physician's advice during pregnancy and lactation.

Drug Interactions:

- Vitamin D is very similar to calcitriol. Do not use medications containing calcitriol while using vitamin D.
- The absorption of zinc may be reduced by iron supplements, penicillamine, phosphorus-containing preparations, and tetracyclines.
- Zinc supplements reduce the absorption of copper, fluoroquinolones, iron, penicillamine, and tetracyclines.

Adverse Effects:

- Zinkacil-D3 Capsules causes no side effects when taken in recommend - id doses.
- Too much vitamin D can cause harmful high calcium levels. The physician must be informed if any of these signs of high vitamin D/calcium levels occur: nausea/vomiting, constipation, loss of appetite, increased thirst, increased urination, mental/mood changes, unusual tiredness.
- Large doses of vitamin C are reported to cause diarrhoea and other gastrointestinal disturbances.
- It has also been stated that large doses of vitamin C may result in hyperoxaluria and the formation of renal calcium oxalate calculi and ascorbic acid should therefore be given with care to patients with hyperoxaluria.
- The most frequent adverse effects of zinc salts (the gluconate and sulfate) given by mouth are gastrointestinal and include abdominal pain, dyspepsia, nausea, vomiting, diarrhoea, gastric irritation, and gastritis.
- These are particularly common if zinc salts are taken on an empty stomach, and may be reduced by giving them with meals.

Dosage and administration:

Adults: One capsule once a day or as directed by the physician.

Overdosage:

No cases of overdosage are reported with Zinkacil-D3 Capsules. However, in the event of overdosage, symptomatic and supportive treatment should be administered.

Presentation:

3 x 10

Shelf life:

24 months from the date of manufacturing

Storage

Store at a temperature below 30°C

KEEP OUT OF REACH OF CHILDREN



IQ PharmaTech

IQ PharmaTech Limited / UK

