

ZINC SULPHATE TABLETS

COMPOSITION:

Each Dispersible Tablet contains: Zinc Sulfate 54.89mg USP equivalent to 20 mg of elemental Zinc.

PROPERTIES AND ACTIONS:

Zinc Sulfate is a water soluble salt with a solubility of 1 gm in 0.6 ml of water. Zinc is an essential element with a recommended adult daily allowance of between 7.5mg and 13mg depending on gender. Zinc is a constituent of many enzyme systems and is present in all body tissues. Deficiency in Zinc leads to growth retardation and defects of rapidly-dividing tissues such as the skin, the immune system and the intestinal mucosa.

ABSORPTION AND FATE:

The absorption of Zinc from the gastrointestinal tract is incomplete and is reduced in the presence of some dietary phytates. The ionic nature of the salt confers to it high hydrophilicity therefore reducing its absorption rate through the hydrophobic mucosa of the gastrointestinal tract. The bioavailability of dietary zinc varies widely between different sources but is about 20 to 30 percent. The adsorbed zinc is distributed throughout the body with the highest concentrations found in muscles, bones, skin, eyes and prostatic fluids. Zinc is excreted primarily in faeces but small amounts are excreted in urine and through perspiration. Absorption of Zinc may be reduced by iron supplements, penicillamine, phosphorous containing preparations and tetracycline.

INDICATIONS:

Zinc Sulfate is indicated as a dietary supplement and also in the treatment of a large number of conditions that may be related to Zinc deficiency. Chronic diarrhea can be a sign of zinc deficiency. Diarrhea can also lead to excessive zinc losses and zinc deficiency when dietary zinc is inadequate. Zinc supplements have been shown to reduce the incidence, intensity, or the duration of acute diarrhea in children. Supplementation with zinc also has beneficial effects on persistent diarrhea.

DOSAGE AND ADMINISTRATION:

Oral Zinc supplementation at a dose of 10 to 20mg daily for 14 days is efficacious in significantly reducing the severity and duration of diarrhea. Infants aged six months and below should be given half a tablet daily. Older children of up to 5 years old should be given one tablet daily. Zinc Sulfate tablet are dispersible and should be dissolved first prior to administration in a 5-ml spoonful of milk (breast milk is better) for infants who are breast feeding or clean drinking water or other suitable drink for older children.

It is strongly recommended that administration of Zinc Sulfate tablets be carried out concurrently with therapy using oral rehydration salts (ORS).

It is preferable that treatment with Zinc Sulfate be given with meals or milk to avoid any possible gastrointestinal disturbance.

ADVERSE EFFECTS AND ADVERSE REACTIONS:

- The most frequent adverse effects of Zinc salts when given orally are gastrointestinal and include abdominal pain, dyspepsia, nausea, vomiting, diarrhea, gastric irritation and gastritis particularly if taken on an empty stomach.
- Prolonged use of high doses of zinc supplements lead to copper deficiency resulting in sideroblastic anaemia and neutropenia.

INTERACTIONS:

Zinc supplements reduce the absorption of copper, fluoroquinolones, iron, penicillamine and tetracycline.

OVERDOSAGE AND TREATMENT:

In acute over-dosage zinc salts form corrosive zinc chloride in the stomach. The treatment is by administration of milk or alkali carbonates and activated charcoal.

L^{EGAL} CATEGORY: Pharmacy Medicine (PM)

STORAGE CONDITIONS:

Keep in a dry place at room temperatures below 30°C. Protect from crushing and mechanical shock. Keep all medicines out of reach of children.

SHELF LIFE: As per the product label.

PRESENTATION: Zinc Sulfate tablets are presented as white, scored, beveled edged tablets in blister-packs of 1X10's and 10X10's

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LICENCE HOLDER: LABORATORY AND ALLIED LTD.

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