

PATIENT INFORMATION LEAFLET

Zincol® 20

Zinc (as sulphate) 20mg dispersible Tablet

Read all of this leaflet carefully before taking this medication

- Keep this leaflet as you may need to read it again
- If you still have questions after reading this leaflet, ask your doctor, health care provider or pharmacist.
- This medicine has been indicated for you. Do not pass it on to others. It may harm them, even if their symptoms are the same as yours.
- If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor, health care provider or pharmacist.

In this leaflet you will find information on:

- a. What is Zincol® 20 Tablet and what is it used for?
- b. Before you take Zincol® 20 Tablet
- c. How to take Zincol® 20 Tablet
- d. Possible side effects
- e. How to store Zincol® 20 Tablet
- f. Further information

a. What is Zincol® 20 Tablet and what is it used for?

Zinc (as sulphate) is a nutritional trace element required in our body for many uses. Zincol® 20 Tablet is indicated for treatment and prevention of zinc deficiency. It is used orally together with oral rehydrating salt solutions for acute diarrhea in children under 5 years of age with zinc deficiency. Zincol® 20 Tablet has been seen to decrease the duration and occurrence of diarrhea. It has also been shown to decrease the chances of hospitalization or death due to diarrhea. Though the action of Zincol® 20 Tablet in diarrhea is still unclear it is thought to decrease secretions into the stomach, improve water and electrolytes absorption back into the body and increase removal of bacteria/virus.

b. Before you take Zincol® 20 Tablet

Do not take Zincol® 20 Tablet

If you are hypersensitive (allergic) to Chlorpheniramine Maleate or any of the ingredients. (See **What Zincol® 20 Tablet contains**).

Take special care with Zincol® 20 Tablet:

If your child has sideroblastic anemia or copper deficiency as these conditions are associated with these high doses of Zinc (as sulphate) in children. Hence inform the doctor if your child has one of these conditions.

Taking other medicines

Please tell your doctor, health care provider or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription. These may affect the action of Zinc (as sulphate) 20mg dispersible tablet, or Zinc (as sulphate) 20mg dispersible tablets may affect their action.

Oral zinc may decrease absorption of tetracyclines or fluoroquinolones or vice versa hence, Zinc supplements are administered two hours before tetracyclines. Penicillamine and other chelators reduce absorption of Zinc. Calcium salts reduce absorption of zinc. Thiazide diuretics increase urinary excretion of Zinc. Iron supplements inhibit absorption of Zinc and therefore Zinc supplements are administered two hours before iron supplements.

Taking ZINC (AS SULPHATE) 20MG DISPERSIBLE TABLETS with food and drink

Caffeine, dairy products, and bran may decrease absorption of orally administered Zinc. Phytate, which is present in staple foods like

cereals, corn, and rice, decreases Zinc absorption from composite meals.

Pregnancy and breast-feeding

The safety of this product in human pregnancy has not been established. Zinc crosses the placenta and will be present in breast milk.

Driving and using machines

Zincol® 20 Tablet has no effect on patient's ability to drive or operate machinery.

c. How to take Zincol® 20 Tablet

Always take Zincol® 20 Tablet exactly as your doctor or health care provider told you. You should check with your doctor, health care provider or pharmacist if you are not sure.

The recommended dose of Zinc (as sulphate) 20 mg dispersible tablet for Children 6 months to 5 years is:

Dissolve one full tablet (20mg elemental zinc) in one 5ml teaspoon once daily for ten to fourteen consecutive days at the same time that oral rehydration salts solutions are used.

The recommended dose of Zincol® 20 Tablet in Infants 2 months to 6 months of age is:

Dissolve half a tablet (10mg elemental Zinc) in one 5ml teaspoon once daily for ten to fourteen consecutive days at the same time that oral rehydration salts solutions are used.

If you take more Zincol® 20 Tablet than you should

If you have taken too many tablets or if someone accidentally swallows some, you should contact your doctor, health care provider or the nearest hospital emergency department for further advice.

If you forget to take Zincol® 20 Tablet

If you accidentally miss a dose and notice within 6 hours, take the missed dose as soon as possible. Take the next regular dose as scheduled. If you notice later, then simply take your normal dose when the next one is due. Do not take a double dose to make up for forgotten individual doses.

d. Possible side effects

Like all medicines, Zincol® 20 Tablet can cause side effects, although

not everybody gets them. The most common adverse reactions to oral administration of Zinc salts are nausea/vomiting, heartburn and abdominal pain. These adverse events usually occur during high dose therapy.

Excessive Zinc intake can lead to development of sideroblastic anemia which is characterized by anemia and low white blood cells.

Sideroblastic anemia develops as a result of Zinc-induced copper deficiency. These effects are totally reversible following discontinuation of excessive Zinc intake. Other side effects are low blood pressure and fast heart rate, again these are usually seen when one takes higher than the recommended doses.

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

e. How to store Zincol® 20 Tablet

Keep out of the reach of children.

Store below 30° C, in a dry environment away from light.

Do not use **Zincol® 20 Tablet** the expiry date which is stated on the

label. Do not use **Zincol ® 20 Tablet** you notice any visible signs of deterioration.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

f. Further information

What Zinc (as sulphate) 20 mg dispersible tablets contains

- The active ingredient is 20mg Zinc (as sulphate)
- The other ingredients are- Maize starch, microcrystalline cellulose, aspartame, ethyl vanillin, colloidal anhydrous silica and magnesium stearate.

What Zincol ® 20 Tablet looks like and contents of the pack

White round tablet with bevelled edges embossed on one side and scored on the other side.

Category for Distribution:

Zimbabwe: P

Botswana: S2

Mozambique: Medicamento Sujeito a Receita Medica

Namibia: NS1

Rwanda: POM

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NAME AND FULL PHYSICAL ADDRESS OF MARKETING AUTHORIZATION HOLDER AND MANUFACTURING SITE:

Varichem Pharmaceuticals (Pvt) Ltd
194 Gleneagles Road
Willowvale
Harare
Zimbabwe
Tel: +263 (04) 620181-7

For any information about this medicinal product, please contact **Activis Pharma** supplier:

Company Name: **Activis Pharma**

Address: **P. O. Box 2927 Kigali**
- **KN 2 Ave, Rwezamenyo II - Nyarugenge**
(Opposite St Andre college)

Country: **Rwanda**

Telephone: **+250 732 888 826**

E-Mail: activispharma@gmail.com

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