

Zincos® (Dispersible Tablets) Ref. No.:INS284/05.18



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Zinc Sulfate Monohydrate
Mineral Supplement

ZINCOS® DISPERSIBLE TABLETS 20MG

PRESENTATION:

Zincos® Dispersible Tablets 20mg: White, circular flat bevelled edge tablet plain on one side and with a breakline on the other side. Each tablet contains: Zinc Sulfate Monohydrate (54.89mg) equivalent to 20mg elemental Zinc.

CLINICAL PHARMACOLOGY:

Zinc is an essential element of nutrition and traces are present in a wide range of foods. It is a constituent of many enzyme systems and is present in all tissues.

Adequate zinc intake is critical for health. Zinc deficiency affects cells of the immune system. It causes a reduction in the number of B lymphocytes and T lymphocytes (CD4 lymphocytes in particular) through increased apoptosis and also reduces their functional capacity. The functions of the macrophage, another key immunological cell that engulfs and destroys bacteria, are also compromised. The production and potency of several cytokines, the central messengers of the immune system, are also perturbed by zinc deficiency. Many of these changes occur even in the early stages of deficiency. Zinc plays a part in the maintenance of epithelial and tissue integrity through promoting cell growth and suppressing apoptosis and through its role as an antioxidant, protecting against free radical damage during inflammatory responses. Thus, in the case of diarrhoea, multiple functions of zinc may help to maintain the integrity of the gut mucosa to reduce or prevent fluid loss. Notably, these responses can occur within 48 hours, much more rapidly than the direct effects of zinc on cellular development.

Pharmacokinetics:

Zinc is incompletely absorbed from the gastrointestinal tract, and absorption is reduced in the presence of some dietary constituents such as phytates. Bioavailability of dietary zinc varies widely between different sources, but is about 20 to 30%. Zinc is distributed throughout the body with the highest concentrations found in muscle, bone, skin, and prostatic fluids. It is primarily excreted in the faeces, and regulation of faecal losses is important in zinc homeostasis. Small amounts are lost in urine and perspiration.

USES:

Zinc supplementation has been shown to be an effective treatment for acute, persistent, and dysenteric diarrhoea in children under five. Zincos tablets are used to reduce morbidity and mortality in children under five with acute, persistent and dysenteric diarrhoea.

DOSAGE AND ADMINISTRATION:

For infants between 2 and 6 months of age: 1/2 a tablet (10mg elemental zinc) to be administered every day for 10 - 14 consecutive days (even if diarrhoea episode has stopped).

For children between 6 months and 5 years of age: one full tablet (20mg elemental zinc) to be administered every day for 10 - 14 consecutive days (even if diarrhoea episode has stopped). In case of vomiting within 1/2 hour following the intake of tablet, give another one.

Zincos® (Dispersible Tablets)

Directions for use:

- Place the tablet in a teaspoon.
- Add little water.
- The tablet will disperse in less than 60 seconds.
- Give the entire spoonful to the child.

CONTRA-INDICATIONS AND WARNINGS:

Precautions:

In the treatment of diarrhoea, use Zincos® 20mg in connection with O.R.S.

Adverse Effects:

The most frequent adverse effects of zinc salts (the gluconate and sulfate) administered 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 administration with meals.

Interactions:

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.

PHARMACEUTICAL PRECAUTIONS:

Store in a dry place below 30°C. Protect from light. Keep all medicines out of the reach of children.

LEGAL CATEGORY:

General Sales List (GSL)
Over The Counter (OTC)

®Regd. TM

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Cosmos Limited,
Rangwe Rd; Off Lunga Lungu Rd,
Nairobi, Kenya