

## PATIENT INFORMATION LEAFLET

### C-ZAD®

*Vitamin C, 500 mg*

### Dietary supplement/food supplement

Maintenance of the normal function of the immune system and oxidative stress reduction

#### Contents:

**Active substance:** ascorbic acid (Vitamin C).

**Other ingredients:** lactose monohydrate, L-hydroxypropylcellulose, magnesium stearate.

Nutritive informations	Average per tablet	RDA%*
Ascorbic acid (Vitamin C)	500 mg	625%

\*RDA- Recommended Dietary Allowance

#### Mechanism of action:

C-ZAD is a dietary supplement, based on vitamin C, aimed for maintenance of the normal function of the immune system and oxidative stress reduction. Vitamin C or ascorbic acid is a water-soluble vitamin, and it participates in various metabolic processes in the body. It has a significant role in the construction of various tissues (skin, bones, teeth, cartilage, tendons, blood vessels), and is ingested through food because the human body cannot synthesize it.

Natural and synthetic vitamin C have been shown to be chemically identical, that is, to have equal bioavailability (the degree to which a nutrient becomes available to target tissue after ingestion) and biological activity. Vitamin C plays an important role in most oxidoreduction processes in the body as it is involved in more than 300 biological processes. It is required for the production of many important compounds in the body, including collagen, various enzymes and adrenal hormones, and in the metabolism of amino acids, neurotransmitters (chemical messengers of the brain), cholesterol, folic acid and iron.

#### Vitamin C contributes to:

- normal immune function
- normal energy-yielding metabolism
- maintain the normal function of the immune system during and after intense physical exercise
- normal functioning of the nervous system and to normal psychological function
- protection of cells from oxidative stress
- the reduction of tiredness and fatigue
- iron absorption
- normal collagen formation
- normal functioning of blood vessels, bones, cartilage, gums, skin and teeth.

#### C-ZAD IS especially recommended in case of:

- vitamin C deficiency
- weakened immunity
- lack of energy, feeling tired and exhausted and for
- athletes

- recreationists
- smokers and
- elderly.

**Directions for use:** 1 film coated -tablet daily or according to the doctor's advice, with liquid. Do not exceed the recommended daily dose.

Dietary supplements are not a substitute or replacement for a balanced diet. It is important to adhere to a balanced and varied diet and a healthy lifestyle.

**Restriction for use:** Do not use this product if you are allergic to yeast any of its ingredients.

**Caution:** Consult your doctor or pharmacist before using if you are under medical supervision or being diagnosed with diabetes, kidney stones, hemochromatosis or sideropenic anemia.

**Undesirable effects:** C-ZAD is usually well tolerated. Side effects with C-ZAD mainly occur with long-term intake of large doses of vitamin C, when nausea, vomiting, heartburn, stomach cramps, headache, redness and insomnia may occur. Amounts greater than 2000 mg per day potentiate the occurrence of side effects.

**Interactions with medicines:** Take C-Zad two to four hours after antacids (medicines that neutralize stomach acid). Do not take large amounts of C-ZAD if you are using warfarin (a medicine that prevents blood clotting) and if you are on oral contraceptives (medicines that prevent conception). Vitamin C improves iron absorption.

**Package:** 250 (25 x 10) tablets in blister packs, in a box.

**Shelf-life:** 3 years.

**Storage instructions:** Store bellow 30°C, in a dry place, out of reach of children.

**Registration number:** 04-33-0780/21-DP from 18.04.2021.

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**Manufactured and distributed by:**

ZADA Pharmaceuticals Ltd.

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