

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you. Keep this leaflet. You may need to read it again. If you have more questions, ask your doctor or pharmacist. This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours. If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet.

## C-ZAD tablets 500 mg

Ascorbic acid

### What is in this leaflet

1. What **C-ZAD** is and what it is used for
2. What you need to know before you take **C-ZAD**
3. How to take **C-ZAD**
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6. Contents of the pack and other information

#### 1. What C-ZAD is and what it is used for

**C-ZAD** contain ascorbic acid. Ascorbic acid is a form of vitamin C. It is used as a supplement for the prevention and treatment of scurvy.

Do not take **C-ZAD** if:

- You are allergic to Ascorbic Acid or any of the other ingredients of this medicine. (listed in section 6).
- You suffer from hyperoxaluria (excretion of urine containing large amounts of calcium oxalate crystals).

#### Warnings and precautions

Talk to your doctor or pharmacist before taking **C-ZAD**:

- If you are to undergo any blood or urine tests as ascorbic acid can interfere with some blood and urine tests.
- If you are a regular smoker.
- If you have kidney failure as ascorbic acid enhances aluminium absorption (present in antacids) which may reach toxic levels.

#### Other medicines and C-ZAD

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines. This is particularly important if you are taking any of the following:

- Amphetamines
- Contraceptives
- Aspirin
- Iron-containing medicines
- Antacids.
- Amygdalin (Vitamin B17) - can cause cyanide toxicity.

**C-ZAD** tablets should not be taken for the first month after starting desferrioxamine treatment.

If you need to have a blood or urine test you should tell the doctor or nurse you are taking these tablets as they may interfere with the results.

#### Pregnancy and breast-feeding

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

If you want to breast-feed your baby you should talk to your doctor first before taking these tablets.

#### Driving and using machines

This medicine should not affect your ability to drive or operate machinery. However, if you think you are affected you should not drive or operate machinery until you feel better.

**C-ZAD** contain lactose

If you have been told by your doctor that you have an

intolerance to some sugars, contact your doctor before taking this medicine.

#### 3. HOW TO TAKE C-ZAD

Always take this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure. Chew the tablets carefully before swallowing.

#### Adults, the elderly and children over 6 years of age

For the prevention of scurvy: 25-75 mg daily.

For the treatment of scurvy: Not less than 250 mg daily in divided doses. Maximum of 1000 mg daily.

#### Children under 6 years of age

Ascorbic Acid Tablets are not suitable for use in children under 6 years of age.

#### If you forget to take C-ZAD

If you miss a dose, do not take a double dose to make up for a forgotten dose, just resume your schedule and go on as before. If you are not sure what to do, ask your pharmacist.

#### If you stop taking C-ZAD

Keep taking this medicine until your doctor or pharmacist tells you to stop. You may need to stop taking the tablets slowly as they may alter your kidney function. If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

#### 4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them. Stop taking this medicine immediately and consult your doctor if you suffer an allergic reaction after taking this medicine. An allergic reaction may include itching, a rash, swelling of the face, lips, tongue and/or throat with difficulty in swallowing or breathing.

If you experience any of the following you should see your doctor or pharmacist.

- Diarrhoea, stomach cramps, nausea (feeling sick), vomiting (being sick).
- Flushing or redness of the skin.
- Haemolytic anaemia (where the body's immune system attacks its own red blood cells), signs may include fatigue and paleness.
- Diuretic effect (increased urine flow) due to increased intake of ascorbic acid over a prolonged period. This may lead to deficiency if the amount of ascorbic acid taken is reduced or stopped rapidly. High doses of over 600mg daily can have a diuretic effect in some patients.
- Headache.

#### Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet.

### **5. How to store C-ZAD**

Keep this medicine out of the sight and reach of children. Do not throw away any medicines via wastewater or household waste. Do not use this medicine after the expiry date which is stated on the carton or label. The expiry date refers to the last day of that month.

### **What C-ZAD contains**

Each **C-ZAD** 500mg Tablet contains 500mg of ascorbic acid. The other ingredients are lactose monohydrate, L-hydroxypropylcellulose, magnesium stearate.

### **What C-ZAD look like and contents of the pack**

250 (25x10) tableta of 500 mg in blister pack, in box.

### **Manufacturer and marketing authorization holder**

**ZADA Pharmaceuticals Ltd.**

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Bosnia and Herzegovina

This leaflet was last revised in August 2018