

# Zif<sup>®</sup> Forte

Carbonyl Iron, Folic Acid, Vitamin B-Complex, Vitamin C and Zinc Sulphate Monohydrate

## DESCRIPTION

**Zif<sup>®</sup> Forte** Capsule is the combined preparation of Carbonyl Iron, Folic Acid, Vitamin B-Complex, Vitamin C and Zinc Sulphate Monohydrate. It contains Carbonyl Iron with not less than 98% Iron content. Carbonyl Iron, having high bioavailability and low toxicity is safer and more effective choice for Iron supplementation.

## COMPOSITION

**Zif<sup>®</sup> Forte** Capsule: Each capsule contains Elemental Iron 50 mg (as Carbonyl Iron INN), Folic Acid BP 0.50 mg, Thiamine Mononitrate USP 2 mg, Riboflavin USP 2 mg, Pyridoxine Hydrochloride BP 1 mg, Nicotinamide USP 10 mg, Vitamin C (as Ascorbic Acid) USP 50 mg and Zinc Sulphate Monohydrate USP 61.80 mg.

## INDICATION

It is indicated for the treatment and prophylaxis of Iron, Folic Acid, Vitamin B-Complex, Vitamin C and Zinc deficiency especially during pregnancy and lactation. It is also indicated for the geriatric patients with generalized weakness due to vitamins and minerals deficiency.

## DOSAGE & ADMINISTRATION

Adult: One Capsule daily before food or as directed by the physician.

## CONTRAINDICATION

It is contraindicated in patients with known hypersensitivity to any of its component or those with Iron overload.

## USE IN PREGNANCY & LACTATION

Use of any drug during first trimester of pregnancy should be avoided if possible. Thus administration of Iron during the first trimester requires definite evidence of Iron deficiency. Prophylaxis of Iron deficiency where inadequate diet calls for supplementary Zinc and Folic acid is justified during the remainder of pregnancy.

## PRECAUTION

Special care should be taken in patients with Iron overload states, such as haemochromatosis, haemolytic anaemia or red blood cell aplasia. Failure to response to the treatment requires further investigations to exclude other causes of anaemia. In patients with renal failure there may be the risk of Zinc accumulation.

## SIDE EFFECTS

Gastrointestinal irritations such as nausea, anorexia, vomiting, discomfort, constipation and diarrhoea may occur. Patients may complain of dark stool. Carbonyl Iron pellets incorporated into the capsules to reduce the possibility of gastrointestinal irritations. Rarely there may be allergic reactions.

## OVERDOSE

Symptoms of Carbonyl Iron include decreased energy, nausea, abdominal pain, tarry stool, weak, rapid pulse, fever, coma, seizures.

## DRUG INTERACTION

Carbonyl Iron decreases the absorption of tetracycline antibiotics, quinolone antibiotics, levodopa, levothyroxine, methyl dopa and penicillamine. Folic Acid interacts with antiepileptics, so plasma concentrations of phenobarbital, phenytoin and primidone are possibly reduced.

## STORAGE CONDITION

Store in a cool and dry place, keep away from light and moisture. Keep all medicines out of the reach of children.

## HOW SUPPLIED

**Zif<sup>®</sup> Forte** Capsule: Box containing 3 X 10 Capsules in blister pack.

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