

# Zesup<sup>®</sup>

## Zinc

### COMPOSITION

**Zesup<sup>®</sup> 20 Tablet:** Each film coated tablet contains Zinc Sulfate Monohydrate USP equivalent to elemental Zinc 20 mg.

**Zesup<sup>®</sup> Syrup:** Each 5 ml syrup contains Zinc Sulfate Heptahydrate USP equivalent to elemental Zinc 10 mg.

### PHARMACOLOGY

Zinc Sulphate Monohydrate is an essential trace element and is involved in a number of body enzyme systems. The body needs zinc for normal growth and health. Zinc is also vital for sexual maturation and reproduction, olfactory and gustatory activity, insulin storage & release and for a variety of host immune defenses. Zinc deficiency may lead to impaired immune function, delayed wound healing, a decrease in sense of taste and smell, a reduced ability to fight infections, poor night vision, increased risk of abortion, alopecia, mental lethargy, skin changes.

### INDICATION

Zinc can be used for the treatment and prevention of zinc deficiency/its consequences, including stunted growth, acute & severe diarrhea in children, and slowed wound healing. It is also utilized for boosting the immune system, treating the common cold and recurrent ear infections, as well as preventing lower respiratory tract infections.

It is also used for asthma; diabetes and associated nerve damage; high blood pressure; high levels of bilirubin in blood (hyperbilirubinemia), depression, dementia, dry mouth, attention deficit-hyperactivity disorder (ADHD), blunted sense of taste, hepatic encephalopathy, alcohol-related liver disease, Crohn's disease, ulcerative colitis, inflammatory bowel disease, male fertility problems and enlarged prostate as well as erectile dysfunction (ED), anemia, pregnancy-related complications including iron deficiency.

Zinc is also used for the skin in treating acne, foot ulcers caused by diabetes, leg ulcers, diaper rash, warts, aging skin.

### DOSAGE AND ADMINISTRATION

Dosage for adults:

Tablets: Adults: 40 mg zinc 1-3 times daily after meals.

Syrup: Adults: 20 ml (4 teaspoons) 1-3 times daily after meals.

Dosage for children:

Tablets: For children aged 2 to 5 years: 20 mg zinc once daily for 10-14 days, after meals. For other problems the recommended dose for children is 2 to 2.5 mg/kg/day. Children under 10 kg: 10 mg zinc 2 times daily. For children 10 to 30 kg: 20 mg zinc 1-3 times daily. For children over 30 kg: 40 mg zinc divided 1-3 times daily.

Syrup: Children under 10 kg: 5 ml (1 teaspoon) 2 times a day, after meals. For children from 10 to 30 kg: 10 ml (2 teaspoons) 1-3 times daily. For children over 30 kg: 20 ml (4 teaspoons) 1-3 times daily.

This drug is most effective if they are taken at least 1 hour before or 2 hour after meals. However, if causes stomach upset, this may be taken with a meal.

### CONTRAINDICATION

**It is contraindicated in those who are hypersensitive to any component of the ingredient of this preparation.**

### SIDE-EFFECTS

**May cause nausea, vomiting, diarrhea, stomach upset, heartburn and gastritis.**

### WARNING & PRECAUTION

**In acute renal failure, zinc accumulation may occur in body; so dose adjustment is needed.**

### USE IN PREGNANCY & LACTATION

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

### DRUG INTERACTIONS

Concomitant intake of a tetracycline and zinc may decrease the absorption of both the tetracycline and zinc. Similarly concomitant administration of zinc and quinolone drug may also decrease the absorption of both. Concomitant intake of penicillamine and zinc may decrease absorption of zinc.

### STORAGE

Store below 30<sup>0</sup> C. Protect from light and moisture. Keep all medicine out of the reach of children.

### HOW SUPPLIED:

**Zesup<sup>®</sup> 20 Tablet:** Box containing 30's tablets in blister pack.

**Zesup<sup>®</sup> Syrup:** Bottle containing 100 ml syrup with a measuring cup.

Manufactured by



**SQUARE**  
**PHARMACEUTICALS PLC.**  
Bangladesh