

GNC ZINC TABLET

Zinc Gluconate (30mg,50mg)

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What GNC Zinc is used for

Used as mineral supplement for the treatment of zinc deficiency.

How GNC Zinc works

Zinc is a mineral supplement that is necessary for a healthy immune system, metabolism function, wound healing and fertility.

Before you use GNC Zinc

-When you must not use it

Please do not use if you are sensitive to zinc or any other ingredients contained in this product (listed in the product description)

- Before you start to use it

Pregnancy and lactation

Please consult your doctor or pharmacist if you are pregnant, planning for pregnancy or breast-feeding before using any medicine.

Pregnant women and nursing mothers should avoid zinc doses higher than RDA amounts (15 mg/day for pregnant women, 19 mg/day for lactating women during the first six months and 16 mg/day for lactating women during the second six months).

-Taking other medicines

Concurrent administration of a zinc salt with penicillamine and

tetracyclines might diminish effect of penicillamine and tetracyclines.

Tell your doctor if you are taking any other medicines, including any that you buy without a prescription from a pharmacy, supermarket or health food shop.

How to use GNC Zinc

-How much to use

Take one tablet a day.

-When to use it

Use as directed by your doctor or pharmacist.

-How long to use it

Continue taking GNC Zinc for the duration that your doctor or pharmacist recommends.

Zinc taken in large amounts or for long time may be dangerous.

-If you forget to use it

Consult your doctor or pharmacist on what you should do if you forget to use it.

Take the missed dose as soon as you remember. If it is almost time for your next dose, wait until then to take the medicine and skip the missed dose. Do not take a double dose to make up for the missed dose.

-If you use too much (overdose)

Contact your doctor immediately or go to the Emergency Department of your nearest hospital, if you think you or anyone else may have taken too much of this medicine. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

While you are using

GNC Zinc

-Things you must do

Take your medicine exactly as your doctor has told you. Tell all the doctors, dentists and pharmacists treating you that you are taking GNC Zinc.

Tell your doctor immediately if you become pregnant while taking this medication.

-Things you must not do

Do not stop taking the medicine unless advised by your doctor or pharmacist. Do not take any new medicines without consulting your doctor.

Do not give GNC Zinc to anyone else, even if they have the same symptoms or condition as you.

-Things to be careful of

Large doses are not recommended without doctor's advice.

Driving and using machines

Be careful driving or operating machinery until you know how GNC Zinc affects you.

Side Effects

- Doses of zinc up to 100 milligrams daily are generally well tolerated. Higher doses may cause side effects such as decreased HDL-cholesterol.
- The most common side effects include nausea, vomiting and gastrointestinal discomfort.
- Other side effects include metallic taste, headache and drowsiness.
- Long term excessive zinc supplement can lead to copper deficiency and anaemia.

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You may report any side effects or adverse drug reactions directly to the National Center for Adverse Drug Reaction Monitoring by visiting the website npra.gov.my [Consumers → Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)].

Storage and Disposal of GNC Zinc

-Storage

- Store in dry place below 25°C.
- Protect from light and moisture.
- Keep out of reach of children.

- Disposal

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

Product Description

-What it looks like

GNC Zinc 50mg Tablet

A white, round scored tablet.

GNC Zinc 30mg Tablet

A white, round tablet

-Ingredients

-Active ingredients

GNC Zinc 50mg Tablet

-Zinc gluconate 50mg

GNC Zinc 30mg Tablet

-Zinc gluconate 30mg

-Inactive ingredients:

Microcrystalline cellulose, croscarmellose sodium, calcium hydrogen phosphate, stearic acid, silicon dioxide, magnesium stearate.

-MAL number

GNC Zinc 50mg Tablet

MAL06061547X

GNC Zinc 30mg Tablet

MAL06100585X

Manufacturer:

Nutra Manufacturing, LLC.
1050, Woodruff Road,
Greenville, South Carolina
29607, USA.

Product Registration Holder:

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Date of Revision:

04/02/2021

Serial Number:

NPRA(R4/1)270121/00002