

ZHUBEE VITAMIN C TABLET 300MG

Ascorbic Acid/ Sodium Ascorbate (115mg/208mg)

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What ZHUBEE VITAMIN C TABLET is used for

ZHUBEE VITAMIN C TABLET is for treatment and prevention of Vitamin C deficiency which may lead to scurvy.

How ZHUBEE VITAMIN C TABLET works

Ascorbic Acid (Vitamin C) is essential for the formation of collagen and intercellular material. Hence, it plays a part in the development of cartilage, bone and teeth, the conversion of folic acid to folinic acid and tissue repair.

Before you use ZHUBEE VITAMIN C TABLET

- When you must not use it
Do not use ZHUBEE VITAMIN C TABLET if you are allergic to any of the ingredients in this product (listed at the end of this leaflet).

- Before you start to use it

Before taking ZHUBEE VITAMIN C TABLET, you must tell your doctor or pharmacist if you have, or have had, any of the following conditions:

- Kidney problems and/or history of kidney stones
- Haemochromatosis (genetic disorder where too much iron is absorbed from the diet)
- Thalassaemia (blood disorder)
- Polycythaemia (disorder where too many red blood cells are produced)
- Leukaemia (production of abnormal white blood cells)
- Sideroblastic anaemia (blood disorder)

If you are not sure if you have, or have had, any of these conditions, you should raise those concerns with your doctor or pharmacist.

Pregnancy

Ask for your doctor's advice if you are pregnant, or likely to become pregnant while taking this medication.

Breastfeeding

Ask for your doctor's advice if you are breastfeeding, or likely to breastfeed while taking this medication.

- Taking other medicines

Inform your doctor or pharmacist before taking ZHUBEE VITAMIN C TABLET.

Before using ZHUBEE VITAMIN C TABLET, it is important to tell your doctor or pharmacist if you are taking any other medicines, obtained with or without a doctor's prescription.

How to use ZHUBEE VITAMIN C TABLET

- How much to use

Follow the instructions carefully. If you do not understand the instructions on the label, ask your doctor, or pharmacist for help.

Children (below 12 years old):
1 tablet – 2 tablets per day

Adult: 2 tablets – 4 tablets per day

Tablets can be chewed or dissolved in the mouth.

- When to use it

To be taken after meals. Use as directed by your doctor or pharmacist.

- How long to use it

Continue taking ZHUBEE VITAMIN C TABLET as your doctor recommended. If symptoms persist, consult your doctor.

- 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 ZHUBEE VITAMIN C TABLET

- Things you must do

- Tell all the doctors, dentists and pharmacists treating you that you are taking ZHUBEE VITAMIN C TABLET.
- Tell your doctor immediately if you become pregnant while taking this medication.

- Things you must not do

- Do not take more than the recommended dose unless your pharmacist or doctor tells you.
- Do not take any new medicines without consulting your doctor or pharmacist.
- Do not give ZHUBEE VITAMIN C TABLET to anyone else, even if they have the same symptoms or condition as you.

- Things to be careful of

Be careful driving or operating machinery until you know how ZHUBEE VITAMIN C TABLET affects you.

Those with iron overload should keep their ascorbic acid intake to a minimum.

Side effects

Like all medicines, ZHUBEE VITAMIN C TABLET can cause side effects, although not everybody gets them. If side effects persist, do not take the medicine and refer to the doctor.

Tell your doctor if you notice any of the following side effects or notice any other effects not listed:

- Diarrhoea
- Stomach (gastro-intestinal) disturbances

Tell your doctor or pharmacist if you notice anything else that is making you feel unwell.

You may report any side effects or adverse drug reactions directly to the National Centre 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 ZHUBEE VITAMIN C TABLET

- Storage

Store below 30°C. Protect from light. 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. These measures will help to protect the environment.

Product description

- What it looks like

A round, orange colour tablet with 'duo 861' marking.

- Ingredients

- Active ingredients
 - Ascorbic Acid
 - Sodium Ascorbate
- Inactive Ingredients:
 - Polyvinylpyrrolidone
 - Sucrose
 - Isopropyl Alcohol
 - Deionized water
 - Sunset yellow
 - Talcum
 - Magnesium Stearate
 - Saccharine Sodium
 - Orange flavour

- MAL number

MAL19961675XZ

Manufacturer and Product Registration Holder

Duopharma (M) Sdn. Bhd.
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