

PHARMANIAGA FOLIC ACID TABLET

Folic Acid (5mg)

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What Pharmaniaga Folic Acid Tablet is used for

Folic acid is a member of the Vitamin B group that is needed to produce healthy red blood cells. Folic acid is used to:

- treat folate deficiency anaemia caused by poor diet
- treat increased use of folate in the body (e.g during pregnancy and infancy).
- treat poor absorption of food in certain conditions (e.g digestive disorders, following surgery where part of the stomach is removed).
- prevent folate deficiency caused by the use of some medicines (e.g antiepileptics and certain medical conditions).

How Pharmaniaga Folic Acid Tablet works

Folic acid works closely with Vitamin B12 for the normal production of red blood cells and helps iron work properly in the body. It helps in the production of the body's genetic material (DNA and RNA) and is important when cells and tissues are growing rapidly during infancy, adolescence and pregnancy.

Before you use Pharmaniaga Folic Acid Tablet

-When you must not use it

You must not take Pharmaniaga Folic Acid Tablet and should talk to your doctor or pharmacist if you are:

- sensitive/allergic to folic acid or any other ingredients in these tablets.
- have been told you suffer from Vitamin B12 deficiency including pernicious anaemia.
- have anaemia or any other blood disorder.
- suffering from cancer.
- taking any other multivitamin

Pregnancy and lactation

Pharmaniaga Folic Acid Tablet can be used during pregnancy but if you are pregnant or planning to become pregnant ask your doctor or pharmacist for advice first before taking any medicine.

Do not take Pharmaniaga Folic Acid Tablet if you are breast feeding. Ask your doctor or pharmacist for advice before taking any medicine.

-Before you start use it

Tell your doctor or pharmacist if you have allergies to any other medicines, food, preservatives or dyes.

-Taking other medicines

Tell your doctor or pharmacist 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 Pharmaniaga Folic Acid Tablet

Always take Pharmaniaga Folic Acid Tablet exactly as your doctor or pharmacist has told you. If you do not understand the directions on your prescription, ask your doctor or pharmacist to explain the instruction to you.

Swallow the tablets with water. Pharmaniaga Folic Acid Tablet can be taken with or without food.

-How much to use

Follow all direction given to you by your doctor and pharmacist carefully. They may differ from the information contained in this leaflet.

Pharmaniaga Folic Acid Tablet may have been specially prescribed by your doctor and the dose will be dependent on the condition being treated and may vary.

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

Adult:

Anaemia: 2 to 4 tablets daily for 14 days or until haemopoietic response has been obtained.

Daily maintenance dosage: Half to 2 tablets

Children:

May be given maintenance doses daily according to the following regime:

Up to 1 year – 250 mcg/kg/day
1 to 5 years – half tablet daily
6 to 12 years – one tablet daily

An initial dosage of twice the maintenance dose can be given for two days.

-When to use it

Take Pharmaniaga Folic Acid Tablet each day at any time of day but preferably about the same time each day.

-How long to use it

Continue taking your medicine for as long as your doctor tells you.

It is important to keep taking your medicine even if you feel well.

The duration of treatment with Pharmaniaga Folic Acid Tablet is determined by your doctor.

PHARMANIAGA FOLIC ACID TABLET

Folic Acid (5mg)

-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)

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.

However, oral overdosage with folic acid is quite unlikely to happen.

While you are using it

-Things you must do

Talk to your doctor or pharmacist or doctor if your symptoms do not improve. Your doctor will assess your condition and decide if you should continue to take the medicine.

If you seek other medical treatment, tell all the doctors, dentists and pharmacists that you are on Pharmaniaga Folic Acid Tablet.

-Things you must not do

Do not stop taking the medicine unless advised by your doctor.

Do not take any new medicines without consulting your doctor or pharmacist.

Do not give Pharmaniaga Folic Acid Tablet to anyone else even if they have the same symptoms or condition as you.

-Things to be careful of

Pharmaniaga Folic Acid Tablet contains lactose and sucrose. If you have been told by your doctor that you have intolerance to some sugars, contact your doctor or pharmacist before taking this medicine.

Side effects

Like all medicines, Pharmaniaga Folic Acid Tablet can cause side effects, although not everybody gets them.

Even though it is usually well tolerated, tell your doctor or pharmacist if you notice any of the following side effects:

• **Allergic reaction**

Hypersensitivity e.g. itchy/ red skin, rash, swelling of the face, lips, tongue or throat or difficulty breathing or swallowing, shock (cold sweaty skin, weak pulse, dry mouth, dilated pupils).

• **Stomach and intestines**

Loss of appetite, feeling sick, bloated feeling, wind.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by calling Tel: 03-78835550, or visiting the website npra.moh.gov.my (Public → Reporting Medicinal Problems / Side Effects / AEFI / Vaccine Safety).

Storage and Disposal of Pharmaniaga Folic Acid Tablet

-Storage

Keep all medicines out of the sight and reach of children.

Keep the medicines in a cool dry place where the temperature stays below 30°C. Protect from light.

Do not store in the bathroom or near a sink, or on a window sill.

Do not leave it in the car on hot days. Heat and dampness can destroy some medicines.

Do not take this medicine after the expiry date stamped on the pack. The expiry date refers to the last day of that month.

-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

A round, flat beveled edge plain tablet, yellow with single breakline.

-Ingredients

- Active ingredient(s):

Each tablet contains Folic Acid 5mg.

-Inactive ingredient(s):

Magnesium Stearate, Talcum, Starch, Kollidon, Lactose.

-MAL number:

MAL19961343XZ

Manufacturer

Pharmaniaga Manufacturing Berhad (60016-D),

11A, Jalan P/1, Kawasan Perusahaan Bangi, 43650 Bandar Baru Bangi, Selangor Darul Ehsan, Malaysia.

Product Registration Holder:

Pharmaniaga Manufacturing Berhad (60016-D),

11A, Jalan P/1, Kawasan Perusahaan Bangi, 43650 Bandar Baru Bangi, Selangor Darul Ehsan, Malaysia.

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