

# ALLPAC METFORMIN FILM-COATED TABLET 500 MG

Metformin Hydrochloride (500 mg)

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## What Allpac Metformin is used for

Allpac Metformin contains metformin, a medicine to treat diabetes. It belongs to a group of medicines called biguanides.

Allpac Metformin is used to treat patients with type 2 diabetes (also called 'non-insulin dependent diabetes') when diet and exercise alone have not been enough to control your blood glucose levels. It is used particularly in overweight patients. Adults can take Allpac Metformin on its own or together with other medicines to treat diabetes (medicines taken by mouth or insulin).

Children 10 years and over and adolescents can take Allpac Metformin on its own or together with insulin.

## How Allpac Metformin works

Insulin is a hormone produced by the pancreas that makes your body take in glucose (sugar) from the blood. Your body uses glucose to produce energy or stores it for future use. If you have diabetes, your pancreas does not make enough insulin or your body is not able to use properly the insulin it produces. This leads to a high level of glucose in your blood. Allpac Metformin helps to lower your blood glucose to as normal a level as possible.

If you are an overweight adult, taking Allpac Metformin over a long period of time also helps to lower the risk of complications associated with diabetes. Allpac Metformin is associated with

either a stable body weight or modest weight loss.

## Before you use Allpac Metformin

### - *When you must not use it*

Do not take this medicine

- if you are allergic (hypersensitive) to metformin or any of the other ingredients of this medicine (see Product Description, Ingredients).
  - if you have severely reduced kidney function.
  - If you have lactic acidosis [too much lactic acid in the blood (see "Risk of lactic acidosis" below)] or ketoacidosis. Ketoacidosis is a condition in which substances called 'ketone bodies' accumulate in the blood and which can lead to diabetic pre-coma. Symptoms of acidosis may include stomach pain, abnormal breathing and drowsiness (if severe).
  - if you lost too much water from your body (dehydration), such as due to long-lasting or severe diarrhoea, or if you have vomited several times in a row. Dehydration may lead to kidney problems, which can put you at risk for lactic acidosis (see 'Take special care with Allpac Metformin').
  - if you have a severe infection, such as an infection affecting your lung or bronchial system or your kidney. Severe infections may lead to kidney problems, which can put you at risk for lactic acidosis (see 'Take special care with Allpac Metformin').
  - if you are treated for heart failure or have recently had a heart attack, have severe problems with your circulation (such as shock) or have breathing difficulties. This may lead to a lack in oxygen supply to tissue which can put you at risk for lactic acidosis (see 'Take special care with Allpac Metformin' below).
  - if you drink a lot of alcohol.
- If any of the above applies to you, talk to your doctor, before you start taking this medicine.

### - *Before you start to use it*

Make sure you ask your doctor for advice, if

- you need to have an examination such as X-ray or scan involving the injection of contrast medicines that contain iodine into your bloodstream
- you need to have major surgery. You must stop taking Allpac Metformin for a certain period of time before and after the examination or the surgery. Your doctor will decide when you must stop and when to restart your treatment with Allpac Metformin. It is important that you follow your doctor's instructions precisely.

## Take special care with Allpac Metformin

### **Please note the following particular risk of lactic acidosis.**

Allpac Metformin may cause a very rare, but very serious side effect called lactic acidosis, particularly if your kidneys are not working properly. The risk of developing lactic acidosis is also increased with uncontrolled diabetes, serious infections, prolonged fasting or alcohol intake, dehydration, liver problems and any medical conditions in which a part of the body has a reduced supply of oxygen (such as acute severe heart disease). If any of the above apply to you, talk to your doctor for further instructions.

Stop taking Allpac Metformin for a short time if you have a condition that may be associated with dehydration (significant loss of body fluids) such as severe vomiting, diarrhoea, fever, exposure to heat or if you drink less fluid than normal. Talk to your doctor for further instructions.

Stop taking Allpac Metformin and contact a doctor or the nearest hospital immediately if you experience some of the symptoms of lactic acidosis, as this condition may lead to coma.

Symptoms of lactic acidosis include:

- vomiting
- stomach ache (abdominal pain)
- muscle cramps
- a general feeling of not being well with severe tiredness
- difficulty in breathing

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Lactic acidosis is a medical emergency and must be treated in a hospital.

Allpac Metformin on its own does not cause hypoglycaemia (a blood glucose level which is too low). However, if you take Allpac Metformin together with other medicines to treat diabetes that can cause hypoglycaemia (such as sulphonylureas, insulin, meglitinides), there is a risk of hypoglycaemia. If you experience symptoms of hypoglycaemia such as weakness, dizziness, increased sweating, fast heart beating, visions disorders or difficulty in concentration, it usually helps to eat or drink something containing sugar.

During treatment with Allpac Metformin, your doctor will check your kidney function at least once a year or more frequently if you are elderly and/or if you have worsening kidney function.

#### - Taking other medicines

If you need to have an injection of contrast medicines that contain iodine into your bloodstream, for example for examinations such as X-ray or scan, you must stop taking Allpac Metformin for a certain period of time before and after the examination. Your doctor will decide when you must stop and when to start your treatment with Allpac Metformin.

Tell your doctor if you take any of the following medicines and Allpac Metformin at the same time. You may need more frequent blood glucose tests or your doctor may adjust the dosage of Allpac Metformin:

- Organic cation transporters (co-administration of metformin with verapamil, rifampicin or cimetidine may affect the levels of metformin)
- Sympathomimetic medicines including epinephrine and dopamine used to treat heart attacks and low blood pressure
- Medicinal products which affects kidney function such as Diuretics (used to remove water from the body

by making more urine), NSAIDs (used in pain relief), ACE inhibitors (reduces blood pressure)

- Glucocorticoid (used to treat a variety of conditions, such as severe inflammation of the skin or in asthma)
- Other medicines used to treat diabetes

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription.

#### **How to use Allpac Metformin**

Always take this medicine exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure.

Allpac Metformin cannot replace the benefits of a healthy lifestyle. Continue to follow any advice about diet that your doctor has given you and get some regular exercise.

#### - How much to use

Paediatric population usually start with 500 mg Allpac Metformin once a day. The maximum daily dose is 2000 mg taken as 2 or 3 divided doses. Allpac Metformin can be used in children from 10 years of age and adolescents.

#### Adults with normal kidney function

(GFR  $\geq$  90 mL/min) usually start with 500 mg Allpac Metformin two or three times a day. The maximum daily dose is 3000 mg taken as 3 divided doses.

If you take insulin too, your doctor will tell you how to start Allpac Metformin.

#### Patient w/ renal impairment (stage 2)

Max: 3,000 mg daily in 2-3 divided dose, (stage 3a) Max: 2,000 mg daily in 2-3 divided dose, (stage 3b) Max: 1,000 mg daily in 2-3 divided doses.

#### - When to use it

Take Allpac Metformin with or after a meal. This will avoid you having side effects affecting your digestion. Do not crush or chew the tablets. Swallow each tablet with a glass of water.

- If you take one dose a day, take it in the morning (breakfast)

- If you take two divided doses a day, take them in the morning (breakfast) and evening (dinner)
- If you take three divided doses a day, take them in the morning (breakfast), at noon (lunch) and in the evening (dinner)

If after some time, you think that the effect of Allpac Metformin is too strong or too weak, talk to your doctor or pharmacist.

#### - How long to use it

The treatment duration is not limited and depends on the severity of the disease. The duration of therapy will be determined by your doctor.

Stopping treatment must be discussed with your doctor. Your doctor will perform regular blood glucose tests and will adapt your dose of Allpac Metformin to your blood glucose levels. Make sure that you talk to your doctor regularly. This is particularly important for children and adolescents or if you are an older person. Your doctor will also check at least once a year how well your kidneys work. You may need more frequent checks if you are an older person or if your kidneys are not working normally.

#### - If you forget to use it

Do not take a double dose to make up for a forgotten dose. Take the next dose at the usual time. If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

#### - If you use too much (overdose)

If you have taken more Allpac Metformin that you should have, you may experience lactic acidosis. Symptoms of lactic acidosis are vomiting, stomachache (abdominal pain) with muscle cramps, a general feeling of not being well with severe tiredness, and difficulty in breathing. If this happens to you, you may need immediate hospital treatment, as lactic acidosis may lead to coma. Stop taking Allpac Metformin immediately and contact a doctor or the nearest hospital straight away.

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## While you are using Allpac Metformin

### - Things you must do

Pregnancy and breast-feeding:  
If you are pregnant, think you may be pregnant or are planning to have a baby, speak to your doctor in case any changes will be needed to your treatment or monitoring of your blood glucose levels.

This medicine is not recommended if you are breastfeeding or if you are planning to breast-feed your baby.

### - Things you must not do

Taking Allpac Metformin with food and drink:

Do not drink alcohol when you take this medicine. Alcohol may increase the risk of lactic acidosis especially if you have liver problems, are fasting or if you are undernourished. This also applies to medicines that contain alcohol.

Do not use this medicine to treat any other complaints unless your doctor or pharmacist tells you to. Do not give this medicine to anyone else, even if they have the same condition as you. Do not stop taking Allpac Metformin, or change the dosage, without checking with your doctor.

### - Things to be careful of

Driving and using machines:

Allpac Metformin on its own does not cause hypoglycaemia (a blood glucose level which is too low). This means that it will not affect your ability to drive or use machines.

However, take special care if you take Allpac Metformin together with other medicines to treat diabetes that can cause hypoglycaemia (such as sulphonylureas, insulin, meglitinides). Symptoms of hypoglycaemia include weakness, dizziness, increased sweating, fast heartbeat, vision disorders or difficulty in concentration. Do not drive or use machines if you start to feel these symptoms.

## Side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them. The following side effects may occur:

Very common side effects (may affect more than 1 in 10 people)

- digestive problems, such as feeling sick (nausea), being sick (vomiting), diarrhoea, bellyache (abdominal pain) and loss of appetite. These side effects most often happen at the beginning of the treatment with Allpac Metformin. It helps if you spread the doses over the day and if you take Allpac Metformin with or straight after a meal. If symptoms continue, stop taking Allpac Metformin and talk to your doctor.

Common side effects (may affect up to 1 in 10 people)

- changes in taste.
- decreased or low vitamin B12 levels in the blood (symptoms may include extreme tiredness (fatigue), a sore and red tongue (glossitis), pins and needles (paraesthesia) or pale or yellow skin). Your doctor may arrange some tests to find out the cause of your symptoms because some of these may also be caused by diabetes or due to other unrelated health problems.

Very rare side effects (may affect up to 1 in 10,000 people)

- lactic acidosis. This is a very rare but serious complication particularly if your kidneys are not working properly.
- Symptoms of lactic acidosis are vomiting, stomachache (abdominal pain) with muscle cramps, a general feeling of not being well with severe tiredness, and difficulty in breathing. If this happens to you, you may need immediate hospital treatment, as lactic acidosis may lead to coma. Stop taking Allpac Metformin immediately and contact a doctor or the nearest hospital straight away. Lactic acidosis is a medical emergency and must be treated in

a hospital.

- abnormalities in liver function tests or hepatitis (inflammation of the liver; this may cause tiredness, loss of appetite, weight loss, with or without yellowing of the skin or whites of the eyes). If this happens to you, stop taking Allpac Metformin and talk to your doctor.
- skin reactions such as redness of the skin (erythema), itching or an itchy rash (hives).

Limited data in children and adolescents showed that adverse events were similar in nature and severity to those reported in adults.

If any of the side effects get serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

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](http://npra.gov.my) [Consumers → Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)].

## Storage and Disposal of Allpac Metformin

### - Storage

Keep out of reach of children. Store below 30°C.

### - 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

11 mm in diameter, round, white film-coated tablet, bevel-edged, shallow convex faces and "HD" embossed on one face.

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**- Ingredients**

**- *Active ingredients***

Each tablet contains 500 mg  
Metformin Hydrochloride

**- *Inactive ingredients***

Polyvinylpyrrolidone  
Microcrystalline Cellulose  
Magnesium Stearate  
Hydroxypropyl Methylcellulose  
Polyethylene Glycol

**- MAL Number:**

MALxxxxxxxxACZ

**Manufacturer**

HOVID Bhd.  
Lot 56442, 7 ½ Miles,  
Jalan Ipoh/Chemor,  
31200 Chemor, Perak, Malaysia.

**Product Registration Holder**

Allpac Solutions Sdn. Bhd.  
121, Jalan Tunku Abdul Rahman  
(Jalan Kuala Kangsar)  
30010 Ipoh, Perak, Malaysia.

**Date of RiMUP revision**

14/08/2025

**Serial Number**

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