

# ZINCOFER CAPSULES

Ferrous Fumarate / Cyanocobalamin / Folic acid / Ascorbic Acid / Pyridoxine hydrochloride / Zinc Sulphate  
(350mg/ 5mcg/ 1mg/ 75mg/1.5mg/ 55mg)

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## What Zincofer is used for

Zincofer is used to prevent or treat low red blood cells due to low iron either in nutritional deficiency, pregnancy, worm infestation or any other causes.

Zincofer is used in pregnancy during second and third trimester.

## How Zincofer works

Zincofer works by replenishing minerals and vitamins that are necessary for the normal development of red blood cells.

## Before you use Zincofer

### - When you must not use it

Do not take Zincofer if you are/have:

- Allergic (hypersensitive) to any active ingredients or any other ingredients of this medicine (listed in Product Description)
- Vitamin B<sub>12</sub> deficiency
- Suffering from rare blood disorder in which red blood cells breaks apart prematurely.
- Excessive accumulation of iron deposits in the body called hemosiderosis or haemochromatosis
- Stomach or duodenal peptic ulcer.
- Undergoing repeated blood transfusions.
- Inflammatory condition of the bowels.
- Anaemia, other than iron deficiency anaemia.

Do not use this medicine if any of the above apply to you. If you are not sure,

talk to your doctor or pharmacist before taking Zincofer.

### - Before you start use it

Tell your pharmacist or doctor if you have/are:

- currently being treated for stomach or intestinal ulcer.
- tumors which can be affected by folate.
- undergone gastric surgery.

### Pregnancy and lactation

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

Zincofer can be used during pregnancy and while breastfeeding.

### - Taking other medicines

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.

Consult your doctor or pharmacist particularly if you are taking:

- Antacids (used to relieve heartburn, indigestion or an upset stomach).
- Penicillamine, Sulphasalazine (used in the treatment of rheumatoid arthritis).
- Certain antibiotics such as fluoroquinolone group, tetracycline, co-trimoxazole, chloramphenicol neomycin or sulfonamide group.
- Levodopa, carbidopa (Medicines for Parkinson's disease).
- Thyroxine (Medicine for thyroid disorder)
- Bisphosphonates (Medicines for bone problem).
- Aminopterin or Methotrexate (used to suppress immune system and reduce inflammation)
- Pyrimethamine (Medicine used for Malaria treatment).
- Anticonvulsants
- Colestyramine (used to lower high cholesterol level in the blood).

- Trientine (used to reduce the level of copper in the body in people with Wilson's disease).
- Methyl dopa (used to treat high blood pressure).

## How to use Zincofer

Always use Zincofer exactly as your doctor or pharmacist has told you.

Do not take Zincofer with tea, eggs, milk or coffee as these foods may affect its absorption.

### - How much to use

#### **Adults:**

Take one capsule with a glass of water

### - When to use it

Take once a day, after meal or as directed by your doctor or pharmacist

For pregnant women, you may begin taking the capsules at about the thirteenth week of pregnancy.

### - How long to use it

Use Zincofer for the duration that the doctor recommends.

### - 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 or anyone else may have use too much of this medicine. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

Taking too many capsules may cause early symptoms such as abdominal pain, vomiting, diarrhoea. Other late symptoms include sudden loss of all heart activity, followed by coma may occur.

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### While you are using it

- Things you must do

Use your medicine exactly as your doctor has told you.

Tell all the doctors, dentists and pharmacists treating you that you are using Zincofer.

- Things you must not do

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

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

Do not give Zincofer 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 Zincofer affects you.

Zincofer should be kept out of reach and sight of children since it contains iron, as overdose may be fatal.

### Side effects

Like all medicines, Zincofer can cause side effects although not everybody gets them. Tell your doctor immediately if you experience any of the following symptoms after taking this medicine as the symptoms can be severe.

- Stomach discomfort
- Eating or appetite disorder
- Nausea
- Vomiting
- Constipation
- Diarrhoea
- Darkening of stool

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 → Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)).

### Storage and Disposal of Zincofer

- Storage

Store below 30° C in a dry place. Protect from light.

- 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

Scarlet coloured capsules containing brownish coloured granules.

- Ingredients

- Active ingredient

Ferrous Fumarate, Cyanocobalamin, Folic Acid, Ascorbic Acid, Pyridoxine hydrochloride, Zinc Sulphate.

- Inactive ingredients

Dichloromethane, Acetone, Magnesium Stearate, Colloidal Silicon Dioxide, Povidone K-30, Calcium Carbonate, Sodium Benzoate, Disodium Edetate (EDTA), Cellulose Acetate Phthalate, Lactose and Hard gelatine capsules.

- MAL number(s):

MAL08111783X

### Manufacturer

Apex Laboratories Limited  
B-23, SIDCO Pharmaceutical Complex,  
Alathur – 603 110, India.

### Product Registration Holder

Unimed Sdn Bhd  
53, Jalan Tembaga SD 5/2B,  
Bandar Sri Damansara,  
52200, Kuala Lumpur, Malaysia.

### Date of revision

22/03/2023

### Serial Number:

NPRA(R4/1)220323/00031