

HAEMO XL CAPSULE (Iron (III) Hydroxide Polymaltose Complex 370mg eq. to elemental iron 100mg)

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What is *Haemo XL Capsule* used for

Haemo XL Capsule contains Iron (III) Hydroxide Polymaltose Complex. It is used for treatment & prevention of Iron deficiency in pregnancy (after first 13 weeks) and Iron deficiency anaemia.

How *Haemo XL Capsule* works

Haemo XL Capsule is involved in the formation and functioning of red blood cells.

Before you use *Haemo XL Capsule*

-When you must not use it

- If you are allergic to iron or any of the ingredients in *Haemo XL Capsule*.
- If you are having hemosiderosis, hemochromatosis, thalassemia, sideroachresticanaemia, or lead-induced anaemia.
- If you are having anaemia not caused by iron deficiency (haemolyticaemia or megaloblastic anaemia due to vitamin B12 deficiency

Do not use this medicine if any of the above applies to you. If you are not sure, talk to your doctor or pharmacist before using *Haemo XL Capsule*.

-Before you start to use it

Please make sure you have understood the explanation given by your doctor or pharmacist before taking this medicine. Speak to your doctor/pharmacist if you have one of

following conditions:

- If you have hemosiderosis, hemochromatosis, thalassemia, sideroblastic anaemia, chronic haemolysis, or lead-induced anaemia.

-Taking other medications

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines. This includes medicines that you buy without a prescription, herbal medicines, dietary supplements or vitamins. This is especially important if you take one of the following medicines:

- anti acids
- tetracycline

Pregnancy and breast-feeding

Haemo XL Capsule should only be used in pregnancy after the first thirteen weeks. It does not represent any risk for breastfeeding women at prescribed doses.

How to use *Haemo XL Capsule*

-How much to use

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

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

Using this medicine:

Take this medicine by oral route only.

- Adult: 1 to 2 capsules daily

Precaution should be taken while taking *Haemo XL Capsule* with some food components like phytines (coming from cereals) or oxalates or tannins

-When to use it

Use as directed by your doctor or pharmacist.

-How long to use it

Continue taking *Haemo XL Capsule* for as long as your 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)

If you (or someone else) accidentally take too much of *Haemo XL Capsule*, you should tell your doctor at once or contact the nearest accident and emergency department.

While you are using it

-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 *Haemo XL Capsule*.

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.

Do not take any new medicines without consulting your doctor.

Do not give *Haemo XL Capsule* to anyone else, even if they have the same symptoms or condition as you.

-Things to be careful of

Driving and using machines

None known

Side effects

Like all medicines, *Haemo XL Capsule* can cause side effects, although not everybody gets them. Tell your doctor or pharmacist if you notice any of the following side effects:

- Constipation or diarrhoea
- nausea or vomiting
- stool a black colour

Visit your doctor or pharmacist immediately if you experience any side effects after taking this medicine.

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

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Storage and Disposal of Haemo

XL Capsule

-Storage

Store below 30°C.

Keep the medicine 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

Maroon opaque coloured cap and Maroon opaque coloured body, size '1' non-brittle hard gelatin capsule containing brown coloured granular powder

-Ingredients

Active ingredient:

Iron (III) Hydroxide Polymaltose Complex

-MAL number:

MAL20106017XC

Manufacturer

XL LABORATORIES PRIVATE LIMITED

E-1223, Phase-I Extn. (Ghatal),
RIICO, Industrial Area, Bhiwadi-
301019, Distt. Alwar, Rajasthan
(India)

Product Registration Holder/ Importer

Unimed Sdn Bhd,
No.53, Jalan Tembaga SD 5/2B,
Bandar Sri Damansara,
52200 Kuala Lumpur.

Date of revision

20/11/2023

Serial Number

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