

MALTOFER® FOL CHEWABLE TABLET

Iron/Folic Acid (100mg/0.35mg)

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What Maltofer® Fol is used for
Maltofer® Fol contains iron and folic acid. Maltofer Fol used to treat or prevent low blood levels of iron during pregnancy and lactation.

How Maltofer® Fol works

Iron is an essential component blood and muscle cells and iron- containing enzymes. Folic acid is an important vitamin for the development of the unborn child.

Before you use Maltofer® Fol

- When you must not use it

Do not use Maltofer Fol if you have:

- Hypersensitivity to the active substance iron(III) hydroxide polymaltose complex and folic acid to any of the other ingredients of this medicine(listed in Product Description)
- Iron overload in the body (rare iron storage diseases which can lead to iron accumulations in the tissues)
- Iron utilisation disorders (if the anaemia is due to insufficient utilisation of the iron)
- Anaemia which is not caused by iron deficiency

- Before you start to use it

- Doctor should confirm the blood's iron and haemoglobin levels using appropriate tests.
- If the symptoms are not caused by iron deficiency, Maltofer® Fol will not be effective.
- Your doctor will want to monitor the progress of your treatment with periodic follow-up.

- Please consult your doctor or pharmacist if you are pregnant, planning for pregnancy or breast-feeding before using any medicine.
- Tell your doctor or pharmacist before taking Maltofer® Fol if you have the following:
 - An infection or a tumour.
 - A vitamin B12 deficiency. The folic acid contained in Maltofer® Fol can mask a vitamin B12 deficiency.

- Taking other medicine

Tell your doctor if you are taking

- Iron preparations for injection.
- Medicines for the treatment of epilepsy, in particular phenytoin.
- Chloramphenicol, a medicine for the treatment of bacterial infections. Your doctor will monitor you carefully if you are taking both 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.

How to use Maltofer® Fol

- How much to use

- Treatment of iron deficiency anaemia in pregnancy: 1 chewable tablet 2–3 times daily. Once the haemoglobin blood values have returned to normal, treatment with 1 chewable tablet daily will be continued until the end of the pregnancy.
- Treatment of iron deficiency without anaemia and prevention of iron and folic acid deficiency: 1 chewable tablet once daily.

- When to use it

The daily dose can be divided into separate doses or can be taken at once. Maltofer® Fol should be taken during or directly after a meal.

- How long to use it

Continue using Maltofer® Fol 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 think 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 much of Maltofer® Fol cause changes in mental state, changes to the sleep pattern, irritability and hyperactivity, nausea, abdominal distension and flatulence.

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 Maltofer® Fol.

Tell your doctor immediately if you become pregnant while using this medication.

If your symptoms do not improve within three weeks, see your doctor

- Things you must not do

Do not take Maltofer® Fol without consulting doctor or pharmacist. Maltofer® Fol are not suitable for children under the age of 12.

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 Maltofer® Fol to anyone else, even if they have the same symptoms or condition as you.

- Things to be careful of

This medicine may affect your ability to drive or use machines. If the tablets make you feel sick, dizzy or tired, or give you a headache, do not drive or use machines and contact your doctor immediately.

This medicinal product contains 10 mg of sodium (main component of table salt) in each tablet. This is equivalent to 0.5% of the recommended maximum daily dietary intake of sodium for an adult

Side effects

- A very common side effect is a stool discolouration caused by the excretion of iron, but this is harmless.
- Other commonly observed side effects are nausea, constipation, diarrhoea and stomach ache.
- Uncommon side-effects are vomiting, discolouration of the teeth, inflammation of the stomach, itching, rash, hives, reddening of the skin (erythema) and headache may occur.
- In rare cases, individuals suffer from muscle cramps and muscle pain (myalgia).

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

- 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

Brown-white speckled tablet

- Ingredients

- Active ingredient(s):
iron as iron (III)-hydroxide polymaltose complex (IPC) folic acid
- Inactive ingredients:
microcrystalline cellulose, cocoa, sodium cyclamate, polyethylene glycol 6000, talc, vanillin, dextrates, chocolate essence.

- MAL number:

MAL19911914X

Manufacturer

Corden Pharma Friburg SA,
Route de Moncor 10 1752 Villars-sur-Glane Switzerland.

Product Registration Holder

Zuellig Pharma Sdn Bhd
No.15 Persiaran Pasak Bumi, Seksyen U8,
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Date of revision

31/07/2023

Serial Number

NPRA(R4/1)250820/00132

Storage and Disposal of Maltofer® Fol

- Storage

Keep medicine out of the reach of children. Do not use this medicine after the expiry date which is stated on the box. Please store the items in its original packaging and protect from light. Store below 30°C.