

# Zif®

## Timed Release Capsule

Zif® is a combined preparation of Iron, Folic Acid and Zinc, especially formulated for timed release over several hours.

### Composition

Each timed release capsule contains Ferrous Sulphate BP 150 mg (equivalent to 47 mg Iron), Folic Acid BP 500 mcg and Zinc Sulphate Monohydrate USP 61.80 mg (equivalent to 22.50 mg Zinc.)

### Indication

Zif® is indicated for the treatment and prophylaxis of Iron, Folic Acid and Zinc deficiency especially during pregnancy and lactation.

### Dosage and Administration

*Adult* : 1 capsule daily. In more severe cases, 2 capsules daily may be required.

*Elderly* : Dosage as above.

*Children* : Aged over 1 year: 1 capsule daily. The capsule may be opened and the pellets to be mixed with soft cool food, but they must not be chewed.

### Contraindication

Do not use in patients hypersensitive to the components of the product or those with iron overload.

### Precaution

Care should be taken in patients who may develop Iron overload, such as those with haemochromatosis, haemolytic anaemia or red cell aplasia. Failure to respond to treatment may indicate other causes of anaemia and should be further investigated. Iron & Zinc chelate with tetracycline and absorption of all three agents may be impaired. The absorption of Zinc may be reduced in the presence of Iron. Absorption of Iron may be impaired by penicillamine and by antacids. Such potential interactions can be reduced by separating administration of each product by several hours. In patients with renal failure a risk of Zinc accumulation could exist.

### Use in Pregnancy

Use of any drug during the first trimester of pregnancy should be avoided if possible. Thus administration of Iron during the first trimester requires definite evidence of Iron deficiency where inadequate diet calls for supplementary Zinc and Folic acid is justified during the remainder of pregnancy.

### Side Effect

Dark stools are usual during iron therapy and nausea and other symptoms of

gastrointestinal irritation such as anorexia, vomiting, discomfort, constipation and diarrhoea are sometimes encountered. Zinc may also produce gastrointestinal upset. These timed release capsules are designed to reduce the possibility of gastrointestinal irritation. There have been rare reports of allergic reactions.

### Overdosage

Iron overdosage is dangerous, particularly in children and requires immediate attention. Gastric lavage should be carried out in the early stages, or if this is not possible vomiting should be induced. These procedures should not be undertaken where signs of the corrosive effects of zinc are present. Give oral desferrioxamine (2 gm for a child or 5 gm for an adult) and demulcent. If serum Iron levels at 4 hours or more post-ingestion are over 5mg/l in a child or 8 mg/l in an adults, or if the patient is in shock of coma, intravenous desferrioxamine should be used. Zinc Sulphate in gross over dosage is corrosive. Symptoms are those of gastrointestinal irritation leading in severe cases to haemorrhage, corrosion of the mucosa and possible later stricture formation. Gastric lavage or emesis should be avoided. Demulcents such as milk should be given. Chelating agents such as Dimercaprol, Penicillamine or Edetic Acid have been recommended.

Symptomatic and supportive measures should be given as required. The timed release capsule presentation may delay excessive absorption of Iron and Zinc and allow more time for initiation of appropriate counter-measure.

### Storage

Protected from light and moisture, store below 30° C. Keep out of reach of children.

### How Supplied

Zif® Capsule: Box containing 100 capsules in blister pack.

Manufactured by



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**PHARMACEUTICALS LTD.  
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