

CHELA-FER® MENSTRUAL SUPPORT

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

S0

CHELA-FER® MENSTRUAL SUPPORT

75,93 mg Ferrous sulphate providing 24 mg Iron (elemental)
Ascorbic Acid (Vitamin C) 100 mg

Contains sweeteners: sorbitol 700 mg, isomalt 500 mg; sucralose 20 mg
Sugar Free
D34.12 Complementary Medicine: Health supplement: Multi-substance formulation
This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

Read all of this leaflet carefully because it contains important information for you

A varied diet is the most effective and safe way to achieve good nutrition, health, body composition as well as mental and physical performance.
CHELA-FER® MENSTRUAL SUPPORT is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use CHELA-FER® MENSTRUAL SUPPORT carefully to get the best results from it.

- Keep this leaflet. You may need to read it again
- Do not share CHELA-FER® MENSTRUAL SUPPORT with any other person
- Ask your healthcare provider or pharmacist if you need more information or advice

What is in this leaflet

1. What is CHELA-FER® MENSTRUAL SUPPORT and what it is used for
2. What you need to know before you take CHELA-FER® MENSTRUAL SUPPORT
3. How to take CHELA-FER® MENSTRUAL SUPPORT
4. Possible side effects
5. How to store CHELA-FER® MENSTRUAL SUPPORT
6. Contents of the pack and other information

1. What is CHELA-FER® MENSTRUAL SUPPORT and what it is used for

CHELA-FER® MENSTRUAL SUPPORT contains your daily dose of iron to contributes to normal formation of red blood cells and haemoglobin. It is required for normal oxygen transport and immune system function. The added Ascorbic acid (Vitamin C) contributes to tissue formation and is a factor in the maintenance of good health.

2. What you need to know before you take CHELA-FER® MENSTRUAL SUPPORT

- Do not take CHELA-FER® MENSTRUAL SUPPORT:
- If you are hypersensitive (allergic) to Ferrous sulphate (Iron) or Ascorbic Acid (Vitamin C) or any of the other ingredients of CHELA-FER® MENSTRUAL SUPPORT (listed in section 6)
 - If you suffer from hypercalciuria (excretion of urine containing large amounts of calcium oxalate crystals)

Warnings and precautions

Other medicines and CHELA-FER® MENSTRUAL SUPPORT
Always tell your health care provider if you are taking, have recently taken or might take any other medicine. (This includes all complementary or traditional medicines.)

Tell your doctor if you are taking any of the following medicines:

- Antacids
- Bisphosphonates
- Chloramphenicol
- Colestipol
- Histamine-2 receptor antagonist
- Levodopa with carbidopa
- Levothyroxine
- Methyldopa
- Penicillamine
- Proton-pump inhibitors
- Quinolone-class antibiotics
- Tetracycline-class antibiotics
- Aspirin
- Warfarin

CHELA-FER® MENSTRUAL SUPPORT contains sorbitol and may have a laxative effect. If you have been told that you have an intolerance to some sugars, you should not take CHELA-FER® MENSTRUAL SUPPORT.

CHELA-FER® MENSTRUAL SUPPORT with food and drink

For best results you should take a supplement at the same time every day. Take it after a meal with a glass of water.
Food Products: Absorption of iron is impaired by tea, eggs or milk.

Pregnancy, breastfeeding and fertility

If you are pregnant or breastfeeding, think you might be pregnant, or are planning to have a baby, please consult your doctor, pharmacist or other health care provider for advice before taking CHELA-FER® MENSTRUAL SUPPORT.

Driving and using machines

CHELA-FER® MENSTRUAL SUPPORT does not affect your ability to drive or the ability to use or operate machinery.
It is not always possible to predict to what extent CHELA-FER® MENSTRUAL SUPPORT may interfere with the daily activities of a patient. You should ensure that you do not engage in the above activities until you are aware of the measure to which CHELA-FER® MENSTRUAL SUPPORT affects you.

3. HOW TO TAKE CHELA-FER® MENSTRUAL SUPPORT

Always take CHELA-FER® MENSTRUAL SUPPORT exactly as described in this leaflet, or as your healthcare professional has instructed you. You should check with your healthcare professional if you are not sure. Do not share your medicines with any other person.

Adults: Dissolve one (1) tablet daily in a glass of water after a meal. It is recommended that you take a supplement at the same time every day for best results.
In general, health supplements should not be intended to any children under the age of seven (7) months old.

If you take more CHELA-FER® MENSTRUAL SUPPORT than you should

In the event of overdose, consult your doctor or pharmacist immediately. If neither is available, contact the nearest hospital or poison control center.

If you forget to take CHELA-FER® MENSTRUAL SUPPORT

If you forget to take CHELA-FER® MENSTRUAL SUPPORT, take it as soon as you remember. However, if it is almost time for your next dose, skip the dose you have missed.
Do not take a double dosage to make up for the forgotten dose.

4. POSSIBLE SIDE EFFECTS

CHELA-FER® MENSTRUAL SUPPORT can have side effects.
Not all side effects reported for CHELA-FER® MENSTRUAL SUPPORT are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking CHELA-FER® MENSTRUAL SUPPORT, please consult your healthcare provider for advice.

If any of the following happens, stop taking CHELA-FER® MENSTRUAL SUPPORT and tell your doctor immediately or go to the casualty department at your nearest hospital:

- An allergic reaction may include itching, a rash, swelling of the face, lips, tongue and/or throat with difficulty in swallowing or breathing

These are very serious side effects. If you have them, you may have had a serious allergic reaction to CHELA-FER® MENSTRUAL SUPPORT. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

- Frequency unknown:
- Diarrhoea, stomach cramps, nausea (feeling sick), vomiting (being sick)
 - Flushing or redness of the skin
 - Diuretic effect (increased urine flow) due to increased intake of ascorbic acid over a prolonged period. This may lead to deficiency if the amount of ascorbic acid taken is reduced or stopped rapidly. High doses of over 600 mg daily can have a diuretic effect in some patients
 - Headache
- If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

Reporting of side effects

If you get side effects, talk to your doctor or pharmacist, or nurse. You can also report side effects to SAHPRA via the Med Safety APP (Medsafety X SAHPRA) and eReporting platform (whomc.org) found on SAHPRA website. By reporting side effects, you can help provide more information on the safety of CHELA-FER® MENSTRUAL SUPPORT.

5. HOW TO STORE CHELA-FER® MENSTRUAL SUPPORT

Store all medicines out of reach of children.
Store at or below 25 °C in a dry place.
Keep the container tightly closed. Store in the original container.
Do not store in a bathroom.
Do not use after the expiry date stated on the label/carton.
Return all unused medicine to your pharmacist.
Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

6. CONTENTS OF THE PACK AND OTHER INFORMATION

CHELA-FER® MENSTRUAL SUPPORT contains:
The active substances are Ferrous Sulphate (Iron) and Ascorbic Acid (Vitamin C)
The other ingredients are: Citric Acid, Sodium Bicarbonate, Sorbitol, Isomalt, Allure red, E129, berry flavour, Polyethylene glycol, Crosspovidone, Polyvinylpyrrolidone, Talc and Sucralose.

What CHELA-FER® MENSTRUAL SUPPORT looks like and contents of the pack:

CHELA-FER® MENSTRUAL SUPPORT effervescent tablets are round and light red colour with berry flavour.
CHELA-FER® MENSTRUAL SUPPORT are packed in tubes containing 10 effervescent tablets.

Holder of Certificate of Registration

Ascendis Consumer Brands (Pty) Ltd
1 Carey Street
Wynberg, Gauteng 2090
South Africa
+27 11 036 9420

THIS LEAFLET WAS LAST REVISED IN

TBA

REGISTRATION NUMBER

TBA

CHELA-FER® MENSTRUAL SUPPORT

PASIËNTINLIGTINGSBLADJIE

SKEDULERINGSSTATUS

S0

CHELA-FER® MENSTRUAL SUPPORT

75,93 mg Ystersulfaat verskaf 24 mg Yster (elementaal)
Askorbien suur (Vitamin C) 100 mg

Bevat versueter: sorbitol 700 mg; isomalt 500 mg; sukralose 20 mg, Suikervry
D34.12 Kompleimenter Medisyne: Gesondheidsaanvulling: Veevoudige stof formulering
Hierdie ongeregisreerde medisyne is nie gevalueer deur SAHPRA vir sy kwaliteit, veiligheid of beoogde gebruik nie.

Lees die hele inligtingsbladjie noukeurig deur, dit bevat belangrike inligting vir jou

'n Dieet met verskeidenheid is die doeltreffendste en veiligste manier om goeie voeding, gesondheid, liggaamsamestelling sowel as geestelike en fisiese prestasies te bewerkstellig.
CHELA-FER® MENSTRUAL SUPPORT is beskikbaar sonder 'n dokter se voorskrif, vir jou om jou gesondheid te ondersteun. Nietemin moet jy CHELA-FER® MENSTRUAL SUPPORT steeds versigtig gebruik om die beste resultate daaruit te kry.

- Hou hierdie voublaai, dit mag dalk nodig wees om dit weer te lees
- Moenie CHELA-FER® MENSTRUAL SUPPORT met enige ander persoon deel nie
- Raadpleeg jou gesondheidsorgverskaffer of apteker indien jy meer inligting of advies benodig

Wat is in hierdie voublaaij

1. Wat CHELA-FER® MENSTRUAL SUPPORT is en waarvoor dit gebruik word

2. Wat jy moet weet voordat jy CHELA-FER® MENSTRUAL SUPPORT gebruik
3. Hoe om CHELA-FER® MENSTRUAL SUPPORT te gebruik
4. Moontlike newe-effekte
5. Hoe om CHELA-FER® MENSTRUAL SUPPORT te stoor
6. Inhoud van die pakkie en ander inligting

1. Wat CHELA-FER® MENSTRUAL SUPPORT is en waarvoor dit gebruik word

CHELA-FER® MENSTRUAL SUPPORT bevat jou daaglikse dosis yster om by te dra tot normale vorming van rooibloedselle en hemoglobien. Dit is nodig vir normale suurstofvoer en immuunstelsel funksie. Die bygevoegde askorbien suur (Vitamin C) dra by tot weefselvorming en is 'n faktor in die handhawing van goeie gesondheid.

2. Wat jy moet weet voordat jy CHELA-FER® MENSTRUAL SUPPORT gebruik

- Moenie gebruik CHELA-FER® MENSTRUAL SUPPORT:
- As jy hipersensitief (allergies) is vir Ystersulfaat, Askorbien suur of enige ander bestanddele van CHELA-FER® MENSTRUAL SUPPORT nie. (Gelys in afdeling 6)
 - As jy aan hiperkalsurie ly (uitskeiding van urine wat groot hoeveelhede kalsiumoksalaatkristalle bevat)

Waarskuwings en spesiale voorsorgmaatreëls

Ander medisyne en CHELA-FER® MENSTRUAL SUPPORT
Vertel altyd jou gesondheidsorgverskaffer as jy enige ander medisyne neem (dit sluit alle komplementêre of tradisionele medisyne in).

Vertel veral jou dokter as jy enige van die volgende medisyne neem:

- Teensuimiddels
- Bisfosfonate
- Chloramfenicol
- Colestipol
- Histamien-2 reseptor antagonis
- Levodopa met karbidopa
- Levothyroxine
- Melletopag
- Penisillamien
- Proton-pomp inhibeersders
- Kinoloon antibiotika
- Tetrasiklien antibiotika
- Aspirin
- Warfarin

CHELA-FER® MENSTRUAL SUPPORT bevat sorbitol en kan 'n laxesmiddel hê. As daar vir jou gesê is dat jy 'n owerdosisgeenheid beoort sommige suikers het, moet jy nie CHELA-FER® MENSTRUAL SUPPORT neem nie.

CHELA-FER® MENSTRUAL SUPPORT met kos en drank en alkohol

Vir die beste resultate moet jy elke dag die aanvulling op dieselfde tyd neem. Neem dit na 'n maaltyd met 'n glas water.

Voedselprodukte: Die absorpsie van yster word beïnvloed deur tee, eiers of melk.

Swangerskap, borsvoeding en vrugbaarheid

As jy swanger is of borsvoed, drink jy is dalk swanger of beplan om 'n baba te hê, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgverskaffer vir advies voordat CHELA-FER® MENSTRUAL SUPPORT gebruik.

Bestuur en die gebruik van masjiene

CHELA-FER® MENSTRUAL SUPPORT beïnvloed nie jou vermoë om te bestuur of die vermoë om masjinerie te gebruik nie.
Dit is nie altyd moontlik om te voorspel tot water mate met die daaglikse aktiwiteit van 'n pasiënt kan innemig nie. Pasiënte moet versker dat hulle nie by die bogenoemde aktiwiteite betrokke raak, totdat hulle bewys is van die mate CHELA-FER® MENSTRUAL SUPPORT waarin hulle aflekker nie.

3. HOE OM CHELA-FER® MENSTRUAL SUPPORT TE GEBRUIK

Gebruik CHELA-FER® MENSTRUAL SUPPORT altyd presies soos jou dokter of apteker jou verduidelik het. Bewesig met jou dokter of apteker as jy seker is nie.

Moenie medisyne met enige ander persoon deel nie.
Volwassenes: Los daaglikse een (1) tablet op in 'n glas water en neem na 'n maaltyd. Dit word aanbeveel dat jy elke dag 'n aanvulling op dieselfde tyd neem vir die beste resultate.
Oor die algemeen moet gesondheidsaanvullings nie bedoel wees vir enige kinders onder die ouderdom van sewe (7) maande oud nie

As jy meer CHELA-FER® MENSTRUAL SUPPORT neem was wat jy moet

In die geval van cordosis, raadpleeg jou dokter of apteker. Indien nie een beskikbaar is nie, kontak die naaste hospitaal of gifsentrum.

As jy vergeet om CHELA-FER® MENSTRUAL SUPPORT te neem of 'n dosis gemis het

As jy vergeet om CHELA-FER® MENSTRUAL SUPPORT te neem, neem dit sodra jy onthou. As dit egter amper tyd is vir jou volgende dosis, slaan die dosis oor wat jy gemis het.
Moenie 'n dubbele dosis neem om op te maak vir die vergeete individuele dosisse nie.

4. MOONTLIKE NEWE-EFFEKTE

CHELA-FER® MENSTRUAL SUPPORT kan newe-effekte hê.
Nie alle newe-effekte wat vir CHELA-FER® MENSTRUAL SUPPORT gerapporteer is, is in hierdie voublaaij ingesluit nie. As jou algemene gesondheid versleg of as jy enige nadelige effekte ervaar teny jy CHELA-FER® MENSTRUAL SUPPORT gebruik, raadpleeg asseblief jou gesondheidsorgwerker vir advies.

As enige van die volgende gebeur, stop die gebruik van CHELA-FER® MENSTRUAL SUPPORT en vertel jou dokter dadelik of gaan na die naaste ongeswarte-afdeling by jou naaste hospitaal:

- 'n Allergiese reaksie kan jouk, 'n uitslag, swelling van die gesig, lippe, tong en/of keel insluit wat probleme met sluk of asem haak kan veroorsaak
- Dit is baie ernstige newe-effekte. As jy dit het, het jy dalk 'n ernstige allergiese reaksie op CHELA-FER® MENSTRUAL SUPPORT gehad. Jy sal dalk dringende mediese hulp of hospitalisasie nodig hê.
- Vertel jou dokter as jy enige van die volgende opmerk:
- Frekwensie onbekend:
 - Diarree, magkrampe, naarheid, braking
 - Bloes of rootheid van die vel
 - Diuretiese effek (verhoogde urienvloei) as gevolg van verhoogde inname van askorbien suur oor 'n lang tydperk. Dit kan tot tekort lei as die hoeveelheid askorbien suur wat geneem word, vinig verminder of gestop word. Hoë dosisse van meer as 600 mg daaglik kan 'n diuretiese effek by sommige pasiënte hê
 - Hoofpyn

As jy enige newe-effekte opmerk wat nie in hierdie pamflet genoem word nie, stel asseblief jou dokter of apteker in kennis.

Rapportering van newe-effekte

As jy newe-effekte kry, praat met jou dokter, apteker of verpleegster. Dit sluit enige moontlike newe-effekte in wat nie in die voublaaij is nie. Jy kan ook newe-effekte aan SAHPRA rapporteer via die Med Safety APP (Medsafety X SAHPRA) en eReporting platform (whomc.org) gevind op die SAHPRA webtuiste.
Deur newe-effekte aan te meld, kan u help om meer inligting te verskaf oor die veiligheid van CHELA-FER® MENSTRUAL SUPPORT.

5. HOE OM CHELA-FER® MENSTRUAL SUPPORT TE STOOR

Stoor alle medisyne buite die bereik van kinders.
Stoor teen of benede 25 °C.
Stoor in die oorspronklike verpakking.
Moenie in 'n badkamer stoor nie.
Moet nie na die vervaldatum soos aangedui op die etiket/ karton/ bottel gebruik nie.
Neem alle ongebruikte medisyne terug na jou apteker.
Moenie ongebruikte medisyne in dreine of rioolstelsels (bv. Toilette) weggooi nie.

6. INHOUD VAN DIE PAK EN ANDER INLIGTING

Wat CHELA-FER® MENSTRUAL SUPPORT bevat:
Die aktiewe bestanddele is Ystersulfaat en Askorbien suur (Vitamin C)
Die ander bestanddele is Sitronsuur, natriumhidroksienat, sorbitol, isomalt, geurmiddel, Allure rooi, E129, bessie geur, polietiënglikool, kruispovidoon, polivinilpirolidon en sukralose.

Hoe CHELA-FER® MENSTRUAL SUPPORT lyk en die inhoud van die pakkie

CHELA-FER® MENSTRUAL SUPPORT bruisatabelle is rond en ligrooi van kleur met bessiegeur.
CHELA-FER® MENSTRUAL SUPPORT is verpak in buise wat 10 bruisatabelle bevat.

Houer van Sertifikaat van Registrasie

Ascendis Verbruikershandelmaatskappij (Edms) Bpk
Careystraat 1
Wynberg, Gauteng 2090
Suid-Afrika
+27 11 036 9420

HIERDIE PAMFLET WAS HERSIEN IN

Wort nog aangekondig

REGISTRASIENOMMER

Word nog aangekondig

DEPN015/00

CHELA-FER® MENSTRUAL SUPPORT

PROFESSIONAL INFORMATION

D 34.12 Complementary Medicine: Health Supplement: Multiple substance formulation

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use

SCHEDULING STATUS

S0

1. NAME OF THE MEDICINE

CHELA-FER® MENSTRUAL SUPPORT

2. QUALITATIVE AND QUANTITATIVE COMPOSITION

Each effervescent tablet contains:

Ferrous Sulphate	75,93 mg
providing Iron (elemental)	24 mg
Ascorbic Acid (Vitamin C)	100 mg

Sugar Free
Contain sweeteners sorbitol 700 mg; isomalt 500 mg; sucralose 20 mg

3. PHARMACEUTICAL FORM

Effervescent tablets

Light red, flat round effervescent tablets with a berry flavour.

4. CLINICAL PARTICULARS

4.1 Therapeutic indications

CHELA-FER® MENSTRUAL SUPPORT , contributes to normal formation of red blood cells and haemoglobin.
It is required for normal oxygen transport and immune system function. The added Ascorbic Acid (Vitamin C) contributes to tissue formation and is a factor in the maintenance of good health.

4.2 Posology and method of administration

Posology

Adults and adolescents:
Take 1 tablet daily, dissolved in a glass of water.

Special populations

In general, health supplements should not be intended to any children under the age of seven (7) months old.

Method of administration

For oral use.
Do not swallow the effervescent tablet whole.

4.3 Contraindications

- Hypersensitivity to Ferrous Sulphate (Iron) or Ascorbic Acid (Vitamin C), or any other ingredients in CHELA-FER® MENSTRUAL SUPPORT effervescent tablets (see section 6.1)
- Haemolysis and haemochromatosis; active peptic ulcer; repeated blood transfusion; haemolytic anaemia. Oral and parenteral iron preparations should not be used concomitantly
- Patients' post-gastrectomy has poor absorption of iron. Caution is advised when prescribing iron preparations to individuals with history of peptic ulcer, and inflammatory bowel disease, including regional enteritis and ulcerative colitis. Care should be taken in patients with intestinal strictures or diverticulae
- Ascorbic acid should be given with care to patients with hypercalciuria

4.4 Special warnings and precautions for use

Increased intake of ascorbic acid over a prolonged period may result in increased renal clearance of ascorbic acid, and deficiency may result if the intake is reduced or withdrawn rapidly

- Patients post-gastrectomy has poor absorption of iron.
- Caution is advised when prescribing iron preparations to individuals with history of peptic ulcer
- Coexisting deficiency of dietary vitamin B12 should be ruled out since combined deficiency produces microcytic blood film
- Care should be taken in patients with intestinal strictures and diverticulae
- Caution is required in the elderly where there is an increased risk of faecal impaction
- Contains sucralose and isomalt. Patients with rare hereditary conditions such as fructose intolerance, glucose-6-phosphate mal-absorption or sucrose isomaltase insufficiency should not take CHELA-FER® MENSTRUAL SUPPORT effervescent tablets
- Patients with the rare hereditary condition of sorbitol / maltitol / lactitol intolerance should not take CHELA-FER® MENSTRUAL SUPPORT effervescent tablets

4.5 Interactions with other medicines and other forms of interactions

- Iron:
- Antacids: Use of antacids increase the pH of gastrointestinal contents, which may lead to reduced iron solubility and decreased intestinal absorption of iron
 - Bisphosphonates: Concomitant intake may decrease bisphosphonate absorption due to complex formation with multivalent cations
 - Chloramphenicol: Chloramphenicol has been documented to induce anaemia in rare cases. Chloramphenicol can cause bone marrow suppression; the efficacy of supplemental iron to treat anaemia may be affected by chloramphenicol use
 - Coolestipol: Coolestipol and iron may form a chelation complex, decreasing intestinal absorption of iron
 - Histamine-2 receptor antagonist - Long-term use might decrease absorption of iron and thus decrease iron status
 - Levodopa with carbidopa: Levodopa and Carbidopa may bind to iron and reduce absorption of both iron and the drug
 - Levothyroxine: Concomitant intake of levothyroxine and ferrous sulphate supplements may decrease the efficacy of levothyroxine, likely due to formation of an insoluble complex
 - Penicillamine: Penicillamine chelates iron and increases its excretion. Concomitant intake of penicillamine and iron supplements decreases drug absorption and efficacy. Discontinuation of iron supplements while on penicillamine therapy has been associated with glomerulonephritis, presumably due to increased drug absorption and toxicity
 - Proton-pump inhibitors: Long-term use of proton-pump inhibitors might decrease intestinal absorption of iron and iron status
 - Quinolone-class antibiotics: Concomitant administration of ferrous sulphate supplements and quinolone antibiotics may decrease both antibiotic and mineral absorption, presumably due to formation of nonabsorbable chelates in the intestines
 - Tetracycline-class antibiotics: Iron from food or supplements may decrease absorption of the antibiotics, due to chelate formation in the intestine, absorption of iron may also be decreased

Ascorbic acid:

- Aspirin: High doses of aspirin may increase urinary excretion of Vitamin C; aspirin might also impair Vitamin C absorption in the small intestine
- Warfarin: Some evidence from case reports indicates that large oral doses of ascorbic acid may inhibit the action of warfarin

Interaction with food and drink

Food Products: Absorption of iron is impaired by tea, eggs or milk.

4.6 Fertility, pregnancy and lactation

Safety in fertility, pregnancy and lactation has not been established as there is insufficient data available

4.7 Effects on ability to drive and use machines

No studies on the effects on the ability to drive and use machinery have been performed. Patients should exercise caution before driving or use of machinery until they are reasonably certain CHELA-FER® MENSTRUAL SUPPORT effervescent tablets does not adversely affect their performance

4.8 Undesirable effects

Iron:
System Organ Class
Gastrointestinal disorders

Diarrhoea, abdominal pain, constipation, gastrointestinal irritation, nausea, vomiting.

Ascorbic Acid:

System Organ Class
Nervous system disorders
Vascular disorders
Gastrointestinal disorders

Headache

Flushing
Nausea, vomiting and stomach cramps
Large doses of ascorbic acid may cause diarrhoea.

Redness of skin

Patients known to be at risk of hypercalciuria should not ingest ascorbic acid doses exceeding 1 g daily as there may be increased urinary oxalate excretion.
However, such risk has not been demonstrated in normal, non-hypercalciuric individuals. Increased intake of ascorbic acid over a prolonged period may result in increased renal clearance of ascorbic acid, and deficiency may result if the intake is reduced or withdrawn rapidly. Doses of more than 600 mg daily have a diuretic effect.

Reporting of suspected adverse reactions

Reporting suspected adverse reactions after authorisation of the medicine is important. It allows continued monitoring of the benefit/risk balance of the medicine. Health care providers are asked to report any suspected adverse reactions to SAHPRA via the Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who-umc.org) found on SAHPRA website.

4.9 Overdose

In overdose, side effects can be precipitated and/or be of increased severity. Treatment of overdose is symptomatic and supportive

5. PHARMACOLOGICAL PROPERTIES

5.1 Pharmacodynamic properties:

Ferrous Sulfate contains iron. Most of the iron in the body is present as haemoglobin. The remainder is