

# Hemo-Z

Ferrous sulphate, Zinc sulphate and Folic acid

## Composition

Hemo-Z capsule : Each timed release capsule contains dried ferrous sulphate BP 150 mg (equivalent to 47 mg iron), folic acid BP 500 mgm and zinc sulphate monohydrate USP 61.80 mg (equivalent to 22.50 mg zinc).

## Indication

Hemo-Z is a combined preparation of iron, folic acid and zinc, specially formulated for timed release over several hours. Hemo-Z is indicated for the treatment and prophylaxis of iron, folic acid and zinc deficiency specially during pregnancy and lactation.

## Dosage and Administration

Adults : 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.

## 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.

## Contraindication

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

## Drug interaction

Iron and 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.

## 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.

## Use in pregnancy and lactation

Use of the 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. Prophylaxis of iron deficiency where inadequate diet calls for supplementary zinc and folic acid is justified during the remainder of pregnancy.

## Storage

Store in a cool and dry place. Protect from light and moisture. Keep out of reach of children.

## How supplied

Hemo-Z capsule : Box containing 3 x 10 capsules in blister pack.

Manufactured by:

