

Haemazal®

capsules

General Hematinic and Tonic for blood (food supplement)

Composition:

Each capsule of Haemazal® contains:

- Vitamin B12	7.5 mcg
- Folic acid (Vitamin B9)	1 mg
- Vitamin C (as calcium ascorbate)	150 mg
- Iron (as ferrous fumarate)	45 mg
- Manganese (as manganese gluconate)	2.5 mg
- Zinc (as zinc sulphate)	7 mg

Color in capsule shell:

Sunset yellow.
Carmoisine red.
Brilliant blue.

Properties:

* Haemazal® is a combination of minerals and vitamins:

- Iron: is an essential metal in formation of hemoglobin in red blood cells and is used in the prevention from anemia. In fact, iron is essential; not only to oxygen transport by red blood cells, but as a catalyst for oxidative metabolism in all cells.
- Vitamin B12 (Cyanocobalamin): which helps building up of nucleic acids (DNA & RNA) necessary for body cells and red blood cells formation.
- Vitamin C (Ascorbate): is required for synthesis of collagen. It is therefore, required for maintenance of normal connective tissues, as well as for wound healing. Vitamin C also facilitates the absorption of dietary iron from the intestine. It is also a powerful reducing agent (antioxidant) that plays a role in intracellular oxidation – reduction systems, and mopping up oxidants (free radicals) produced endogenously or in the environment.

Therefore, it is considered as a support for the blood vessels.

- Folic acid (vitamin B9): plays a key role in one – carbon metabolism. It is essential in the biosynthesis of amino acids and nucleic acid DNA which plays important role in the synthesis of the body hemoglobin.
- Manganese: essential metal for proper and normal growth of the bone.
- Zinc: needed for the body's immune system to work properly. It plays a role in cell division, cell growth, wound healing and the breakdown of carbohydrates. Also needed for the growth and development of the body during pregnancy, infancy and childhood.

Indications:

Haemazal® is used for:

- Treatment and prophylaxis of iron deficiency anemia in cases of blood loss of various origin (menstruation, hemorrhage, surgical operations), nutritional deficiency, adolescence and convalescence.
- Prophylaxis during pregnancy.

Dosage and administration:

- Only one capsule daily.

Contraindications:

- Haemazal® should not be given in the case of allergy to one or more of the components.
- In the presence of high level of one or more of the components.
- Inclusively or imprecisely diagnosed anemia.

Side effects:

- Constipation or stomach upset may occur.
- Lethargy.
- Gastrointestinal side effect appears to be dose related, such as nausea, abdominal pain and either constipation or diarrhea and anorexia.
- Nervous system side effects rarely included dizziness and headache.
- Tell your doctor in the presence of any other side effect.

Precautions:

- Haemazal® should not be taken in doses higher than those recommended by the physician.
- Tell your doctor right away if any of these unlikely but serious side effects occur: nausea, vomiting, loss of appetite, unusual weight loss, mental/mood changes, change in the amount of urine, bone/muscle pain, headache, increased thirst, increased urination, weakness, tiredness.

Overdose:

- Symptoms of overdose may include: nausea/vomiting, loss of appetite, mental/mood changes, headache, drowsiness, weakness and tiredness.
- In case of overdose contact your doctor or nearest hospital.

Drug interactions:

- Iron chelates in the gut with tetracycline, penicillamines, methyldopa, levodopa, carbidopa, ciprofloxacin, norfloxacin and ofloxacin. It also forms stable complexes with thyroxin, captopril and bisphosphonates. Ingestion should be separated by 3 hours.
- Zinc reduces the absorption of oral tetracyclines. These products should be taken within two hours from each other.

Pregnancy and lactation:

- Haemazal® may be administered during pregnancy and lactation according to the recommendation of the physician.

Special precautions for storage:

- Keep out of the reach and sight of children.
- Do not use Haemazal® capsules after the expiry date which is stated on the container.
- It should be stored in a cool, dry place and at temperature not exceed 25°C.
- Keep in the original container.

Nature and content of container:

- Box of 3 blisters.
- Each blister contain 10 capsules.

Special precautions for disposal:

- Medicines should not be disposed via wastewater or household waste.
- Ask the pharmacist how to dispose of medicines no longer required.
- These measures will help to protect the environment.

Marketing authorization holder and manufacturer:

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الأبعاد: 14×21 سم
نوع الخط: Times New Roman
حجم الخط: 6.5
رقم البانتون: 187 U
تاريخ التعديل: 3/8/2016

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R&D		
S.O.		
Q.C.		
Q.A.		
Tec. Manager		