

Pharmacode Reading Direction

XXXX

Pharma Code

150 mm

150 mm

260 mm

260 mm

**Package Leaflet: Information for the user**

**Ascorbic Acid 50 mg, 100 mg and 200 mg Tablets**  
Ascorbic acid

This medicine will be called Ascorbic Acid Tablets in this leaflet.

**Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.**

- Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you.
- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

**What is in this leaflet**

1. What Ascorbic Acid Tablets are and what they are used for
2. What you need to know before you take Ascorbic Acid Tablets
3. How to take Ascorbic Acid Tablets
4. Possible side effects
5. How to store Ascorbic Acid Tablets
6. Contents of the pack and other Information

**1. What Ascorbic Acid Tablets are and what they are used for**

Ascorbic Acid Tablets contain the active ingredient ascorbic acid (Vitamin C). The tablets can be used to increase the amount of Vitamin C in the diet.

Ascorbic Acid Tablets are used to treat Vitamin C deficiency including the treatment and prevention of scurvy.

**2. What you need to know before you take Ascorbic Acid Tablets**

**Do not take these tablets if:**

- You know you are allergic to ascorbic acid or to any of the other ingredients of this medicine (listed in section 6)
- You suffer from hyperoxaluria (urine containing large amounts of calcium oxalate crystals).

**Warnings and Precautions**

Talk to your doctor before taking Ascorbic Acid Tablets if:

- You are going to have any blood, urine or other tests, as ascorbic acid can affect the results of a number of laboratory tests.

**Other medicines and Ascorbic Acid Tablets**

Tell your doctor if you are taking, have recently taken or might take any other medicines including any medicines. You have bought yourself, particularly any of the following:

- An iron preparation called desferrioxamine as taking this at the same time as ascorbic acid may increase the risk of cardiovascular effects
- Aspirin
- Aluminium containing antacids, especially if you have kidney problems
- Amphetamines
- Amygdalin (Vitamin B17) as can cause cyanide toxicity

**Pregnancy and breast-feeding**

No problems have been reported, however, if you

are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

**Driving and using machines**

Ascorbic Acid Tablets should not affect your ability to drive or operate machinery.

**Ascorbic Acid Tablets contain lactose**

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicine.

**3. How to take Ascorbic Acid Tablets**

Always take this medicine exactly as described in this leaflet or as the doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

The recommended dose is:

**Adults, the elderly and children over 4 years**

**For the treatment of scurvy:**

The usual dose is not less than 250 mg a day in divided doses, up to a maximum of 1000 mg a day for adults and children over 12 years, and up to a maximum of 500 mg a day for children 4-11 years.

**If you take more tablets than you should**

If you have taken a lot more tablets than you should, speak to your doctor or pharmacist straight away or go to your nearest hospital casualty department. Take your tablets or the pack with you.

**If you forget to take Ascorbic Acid Tablets**

If you miss a dose don't worry, miss this dose and carry on with the normal routine. Do not take a double dose to make up for a forgotten dose.

**If you stop taking Ascorbic Acid**

Keep taking this medicine until your doctor or pharmacist tells you to stop. You may need to stop taking the tablets slowly as they may alter your kidney function.

Pharma Code  
XXXX

Pharmacode Reading Direction  
5 mm  
25 mm

**4. Possible side effects**

Like all medicines ascorbic acid can cause side effects, although not everybody gets them.

The following have been reported if you have taken too high a dose:

- Diarrhoea
- Increased urine flow.

Patients with glucose-6-phosphate dehydrogenase deficiency may develop a type of anaemia (symptoms include headache, tiredness, paleness, shortness of breath, jaundice).

**Reporting of side effects**

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects you can help provide more information on the safety of this medicine.

**5. How to store Ascorbic Acid Tablets**

**HDPE containers:** This medicinal product does not require any special temperature storage conditions. Keep the container tightly closed. Store in the original package to protect from moisture.

**Blister packs:** This medicinal product does not require any special temperature storage conditions. Store in the original package to protect from moisture.

Tablets which are supplied in bottles should be used within 100 days of first opening.

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the label. The expiry date refers to the last day of that month

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

**6. Contents of the pack and other information**

**What Ascorbic Acid Tablets contain**

The active ingredient is Ascorbic Acid. Ascorbic Acid is produced as tablets. Each tablet contains 50mg or 100mg or 200mg of Ascorbic Acid.

This medicine also contains the following inactive ingredients:

Lactose monohydrate, maize starch, microcrystalline cellulose, colloidal anhydrous silica, talc and stearic acid.

**What Ascorbic Acid Tablets look like and the contents of the pack:**

Ascorbic Acid 50mg tablets are white to light yellow, circular flat faced bevelled edge uncoated tablets debossed with "V50" on one side and plain on other side. The tablet have diameter is 5.50 mm.  
Ascorbic Acid 100mg tablets are white to light

yellow, circular flat faced bevelled edge uncoated tablets debossed with "V & 100" separated by breakline on one side and plain on other side. The score line is only to facilitate breaking for ease of swallowing and not to divide into equal doses. The tablets have diameter of 7.0 mm and thickness 2.60 mm.

Ascorbic Acid 200mg tablets are white to light yellow, circular flat faced bevelled edge uncoated tablets debossed with "V & 200" separated by breakline on one side and plain on other side. The score line is only to facilitate breaking for ease of swallowing and not to divide into equal doses. The tablets have diameter of 9.0 mm and thickness 3.20 mm.

This medicine is available in HDPE container having child resistant white polypropylene cap with pack size of 100 tablets and aluminium-PVC/PVDC white opaque blister pack of 28 tablets.

Not all pack sizes may be marketed.

**Marketing Authorisation Holder  
Flamingo Pharma (UK) Ltd.**

First Floor, Kirkland House,  
11-15 Peterborough Road,  
Harlow, Middlesex,  
HA1 2AX, United Kingdom.

**Manufacturer  
Flamingo Pharma (UK) Ltd.**  
The Bloc, 38 Springfield Way,  
Anlaby, Hull, HU 10 6RJ,  
United Kingdom.

Product licence number  
Ascorbic Acid 50 mg Tablets PL 43461/0043  
Ascorbic Acid 100 mg Tablets PL 43461/0044  
Ascorbic Acid 200 mg Tablets PL 43461/0045

This leaflet was last revised in 02/2026

Pharma Code  
XXXX

Pharmacode Reading Direction  
5 mm  
25 mm

MPLLASCXXXXTBCOM  
FPLXXX303V01

GSL