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Package leaflet: Information for the patient

ASCORBIC ACID 100mg, 200mg AND 500mg TABLETS



Ascorbic acid

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.**
- **Ask your pharmacist if you need more information or advice. 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.**
- **You must talk to a doctor if you do not feel better or if you feel worse.**

WHAT IS IN THIS LEAFLET

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

1. WHAT ASCORBIC ACID IS AND WHAT IT IS USED FOR

Ascorbic Acid Tablets belong to a group of medicines called vitamins. Ascorbic acid is also known as Vitamin C. Ascorbic Acid Tablets are used for the treatment of Vitamin C deficiency. They are also used to treat scurvy (a serious condition due to a long-term lack of dietary Vitamin C).

2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE ASCORBIC ACID

Do not take Ascorbic Acid:

- if you are allergic to Ascorbic Acid or any of the other ingredients of this medicine (listed in section 6)
- if you suffer from hyperoxaluria (excretion of urine containing large amounts of calcium oxalate crystals)

Warnings and precautions

Talk to your doctor or pharmacist before taking Ascorbic Acid if you:

- are to undergo any blood or urine tests as ascorbic acid can interfere with some blood and urine tests
- are a regular smoker
- have kidney failure as ascorbic acid enhances aluminium absorption (present in antacids) which may reach toxic levels.

Other medicines and Ascorbic Acid

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines.

Ascorbic Acid Tablets may interfere with other medicines that you may be taking. This includes medicines you can buy without a prescription, including herbal medicines.

In particular tell your doctor if you are taking any of the following:

- Amphetamines
- Contraceptives
- Aspirin
- Iron-containing medicines
- Antacids
- Amygdalin (Vitamin B17) - can cause cyanide toxicity

Ascorbic Acid Tablets should not be taken for

the first month after starting desferrioxamine treatment.

Pregnancy and breast-feeding

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 has no known effect on your ability to drive or operate machinery.

Important information about some of the ingredients in your medicine

This product contains lactose monohydrate. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

3. HOW TO TAKE ASCORBIC ACID

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

These tablets are to be taken by mouth. The recommended dose is:

Adults (including the elderly)

For the treatment of Vitamin C deficiency: 250mg - 1000mg daily in divided doses.

The maximum daily dose is 1000mg.

If you take more Ascorbic Acid than you should

If too many tablets are taken, consult your doctor or go to your nearest hospital casualty department IMMEDIATELY. Take the tablets or this leaflet with you so the doctor knows what has been taken.

If you forget to take Ascorbic Acid

If you miss a dose, do not take a double dose to make up for a forgotten dose, just resume your schedule and go on as before. If you are not sure what to do, ask your pharmacist.

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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.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

4. POSSIBLE SIDE EFFECTS

Like all medicines, this medicine can cause side effects, although not everybody gets them.

Stop taking this medicine immediately and consult your doctor if you suffer an allergic reaction after taking this medicine. An allergic reaction may include itching, a rash, swelling of the face, lips, tongue and/or throat with difficulty in swallowing or breathing.

If you experience any of the following you should see your doctor or pharmacist:

- diarrhoea, stomach cramps, nausea (feeling sick), vomiting (being sick)
- flushing or redness of the skin
- haemolytic anaemia (where the body's immune system attacks its own red blood cells), signs may include fatigue and paleness
- 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 600mg daily can have a diuretic effect in some patients.
- headache

Tell your doctor or pharmacist if you think you may have any of these symptoms or experience any other problems with your medicine not mentioned above. He or she will have more information about it and will tell you what to do.

Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist. 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. By reporting side effects you can help provide more information about the safety of this medicine.

5. HOW TO STORE ASCORBIC ACID

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 carton. The expiry date refers to the last day of that month.

Do not store above 25°C. Store in the original package to protect from light and moisture.

Do not use this medicine if you notice discoloured tablets or any other signs of deterioration.

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 to protect the environment.

6. CONTENTS OF THE PACK AND OTHER INFORMATION

What Ascorbic Acid contains

Ascorbic Acid Tablets are available in strengths of 100mg, 200mg and 500mg.

Ascorbic Acid 100mg Tablets contain 100mg of the active ingredient, ascorbic acid.
Ascorbic Acid 200mg Tablets contain 200mg of the active ingredient, ascorbic acid.
Ascorbic Acid 500mg Tablets contain 500mg of the active ingredient, ascorbic acid.

Ascorbic Acid 100mg, 200mg and 500mg Tablets also contains cellulose microcrystalline, macrogol 6000, sodium starch glycolate, magnesium stearate, lactose monohydrate, colloidal anhydrous silica.

What Ascorbic Acid looks like and contents of the pack

Ascorbic Acid Tablets are white to off-white, plain, round, biconvex tablets. Ascorbic Acid Tablets are available in blisters of 28 tablets.

Marketing Authorisation Holder

Athlone Pharmaceuticals Limited, Ballymurray, Co. Roscommon, Ireland.

Manufacturers responsible for batch release


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