Iron + Multivitamins

Hemarate®

Trusted Quality Healthcare

Film-Coated Tablet

Anti-anemia

FORMULATION:

Each film-coated tablet contains:

Ferrous Fumarate	320 mg
(equivalent to elemental iron, 105 mg)	
dl-alpha Tocopheryl Acetate (Vitamin E)	30 IU
Thiamine Mononitrate (Vitamin B_1)	10 mg
Riboflavin (Vitamin B_2)	10 mg
Pyridoxine (Vitamin B_6)	5 mg
Cyanocobalamin (Vitamin B_{12})	50 mcg
Nicotinamide (Vitamin B_3)	30 mg
Sodium Ascorbate (Vitamin C)	500 mg

PRODUCT DESCRIPTION

Hemarate is a pink-colored, capsule-shaped, film-coated tablet.

WHAT IS IN THE MEDICINE?

Hemarate contains iron, vitamins B_6 and B_{12}. These nutrients are necessary for healthy blood, synthesis of hemoglobin (an oxygen containing protein which gives blood its red color) and to prevent iron-deficiency anemia (IDA). IDA is one of the most prevalent nutritional problems in developing countries including the Philippines.

Hemarate also provides other B-complex vitamins (vitamins B_1, B_2, and Nicotinamide) which help in the conversion of food to energy. It has vitamins C and E. Vitamin C is a water-soluble vitamin which enhances iron absorption. Vitamin E is a fat-soluble vitamin which acts as the first defense against free radicals in the lipid (fat) phase of cells. Together, vitamins C and E help protect the body against the harmful effect of free radicals. Free radicals are highly reactive and unstable chemicals generated during normal body activities that require oxygen and from exogenous sources such as environmental pollutants, smoking, exposure to UV light, etc.

STRENGTH OF THE MEDICINE

Please see formulation

WHAT IS THE MEDICINE USED FOR?

A nutritional supplement for the prevention and treatment of iron deficiency anemia and vitamin B-complex deficiencies.

HOW MUCH AND HOW OFTEN SHOULD YOU USE THE MEDICINE?

Orally, one tablet daily or, as directed by a doctor.

WHEN SHOULD YOU NOT TAKE THIS MEDICINE?

- If you are allergic to any component of the product.
- If you have primary hemochromatosis (a genetic condition characterized by excessive iron absorption), peptic ulcer (stomach sores), regional enteritis (inflammation of the intestines such as Crohn's disease), or ulcerative colitis (colon sores).

UNDESIRABLE EFFECTS

Iron

- Gastrointestinal side effects such as nausea, vomiting, bloating, and upper abdominal discomfort are seen with high iron doses. Other undesirable effects may include either diarrhea or constipation.
- May cause temporary staining of teeth
- Stools may appear darker in color.

Vitamin C

- Prolonged intake of ascorbic acid (vitamin C) in excess of 2 grams per day may lead to nausea, abdominal cramps, diarrhea, and nose bleeds.

WHAT OTHER MEDICINE OR FOODS SHOULD BE AVOIDED WHILE TAKING THIS MEDICINE?

- Do not use together with antacids and tetracyclines since they may result in reduced iron absorption.
- Do not use together with chloramphenicol since it may cause delayed response to iron therapy.

WHAT SHOULD YOU DO IF YOU MISS A DOSE?
If you miss a dose, just take the next dose and the subsequent doses at the usual recommended schedule, i.e., once a day.

Do not double the dose unless recommended by a doctor.

HOW SHOULD YOU KEEP THE MEDICINE?
- Keep the product out of reach and sight of children.
- Store at temperatures not exceeding 30º C.
- Protect from light.

SIGNS AND SYMPTOMS OF OVERDOSAGE
Iron
Symptoms of acute iron overdosage can be divided into four stages.

Stage I - occurs up to six hours after ingestion, the principal symptoms are vomiting and diarrhea. Other symptoms include hypotension (low blood pressure), tachycardia (rapid heartbeat) and central nervous system (CNS) depression ranging from lethargy (sleepiness) to coma (state of unconsciousness).

Stage II - may occur 6 to 24 hours after ingestion and is characterized by a temporary remission or signs of overdosage are decreased.

Stage III - gastrointestinal symptoms recur accompanied by shock, metabolic acidosis (increased acid in the blood), coma, hepatic necrosis (death of liver tissue), jaundice (yellowish color of the skin, eyes and other tissues), hypoglycemia (low blood sugar), kidney failure, and pulmonary edema (fluid in the lungs).

Stage IV - occur several weeks after ingestion and is characterized by gastrointestinal obstruction (blockage) and liver damage.

Pyridoxine (Vitamin B_6)
Although vitamin B_6 has generally been considered relatively nontoxic, long term (two months or longer) administration of large (megadose) dosages (usually 2 grams or more daily) of vitamin B_6 can cause neurological symptoms manifested as paresthesia (more noticeable at night and limited to the extremities), bone pains (described as lightning, stabbing or shooting like a knitting needle or electric shocks), hyperesthesia (described as burning, pricking, stinging, or itching), muscle weakness (difficulty in running, lifting, climbing stairs and loss of manual dexterity), fasciculation (described as twitching, restlessness or fidgeting), and numbness on the limbs and face.

Vitamin B_{12}
Use of doses greater than 10 micrograms daily may produce a haematological response in patients with folate deficiency; indiscriminate use may mask the precise diagnosis.

Nicotinamide
Dosages of nicotinamide in excess of 100 mg daily may cause flushing of the face, arms, and chest, itching and nausea.

WHAT TO DO WHEN YOU HAVE USED MORE THAN THE RECOMMENDED DOSAGE?
If you have taken more than the recommended dosage, consult a doctor or contact a Poison Control Center right away.

CARE THAT SHOULD BE TAKEN WHEN TAKING THIS MEDICINE
- Do not use more than the recommended dose unless recommended by a doctor.
- Do not use after the expiry date on the label.

WHEN SHOULD YOU CONSULT YOUR DOCTOR?
- If you have symptoms of anemia (e.g., fatigue, pale skin, fast heartbeat, shortness of breath, chest pain, dizziness, etc.) consult a doctor before taking this medicine.
- If any undesirable effect occurs.

PROTECT FROM LIGHT.
STORE AT TEMPERATURES NOT EXCEDING 30º C

AVAILABILITY
In flex foil strips x 4's (Box of 100's)

Manufactured by:
AMHERST LABORATORIES, INC.
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For: **UNILAB, Inc.**
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