UNILAB

Carbocisteine + Zinc

Solmux® ADVANCE

500 mg / 10 mg per 5 mL Suspension

MUCOLYTIC / MINERAL

FORMULATION

Each 5 mL (1 teaspoonful) suspension contains:

Carbocisteine ..... 500 mg

Zinc ..... 10 mg

(equivalent to 27.44 mg Zinc Sulfate Monohydrate)

PRODUCT DESCRIPTION

Carbocisteine + Zinc (Solmux Advance) 500 mg/ 10 mg per 5 mL Suspension is a yellow to yellow-green colored suspension with fruity mint odor and taste using the TasteRite™ Technology. TasteRite™ Technology is a unique masking system developed specifically for liquid dosage forms to improve the taste of the medicine.

WHAT IS IN THE MEDICINE?

This medicine contains carbocisteine and zinc.

Carbocisteine causes phlegm to be less thick and sticky and thus easier to cough up and expel. Carbocisteine, in an *in vitro* study (outside the living organism), was shown to have significantly reduced the ability of bacteria and viruses to adhere to human respiratory cells.

Zinc helps regulate the growth, maturation and activity of cells involved in immune function, and has been shown to help the body fight viruses and bacteria. It also functions as an antioxidant by being a cofactor of the enzyme superoxide dismutase, which is involved in the removal of harmful free radicals.

The combination of carbocisteine and zinc provides complementary actions against acute respiratory infection addressing both altered mucus viscosity and low zinc concentrations in respiratory infections.

STRENGTH OF THE MEDICINE

See Formulation.

WHAT IS THE MEDICINE USED FOR?

Carbocisteine + zinc (Solmux® Advance) is used to provide relief of cough associated with respiratory tract disorders such as acute bronchitis. Carbocisteine also reduces the number of exacerbations associated with chronic obstructive pulmonary disease (COPD) and inhibits the adherence of bacteria and viruses to human respiratory cells. Carbocisteine is also used in the treatment of otitis media with effusion (glue ear). Zinc helps boost the immune function.

HOW MUCH AND HOW OFTEN SHOULD YOU USE THIS MEDICINE?

Adults and Children 12 years and older: Orally, 5 mL (1 teaspoonful) every 8 hours,
or as recommended by a doctor.

WHEN SHOULD YOU NOT TAKE THIS MEDICINE?

- If you are allergic to any ingredient in the product
- If you have active stomach or intestinal ulcer

UNDESIRABLE EFFECTS

Carbocisteine

The most commonly reported undesirable effects associated with carbocisteine are nausea, diarrhea, stomach discomfort and skin rashes.

Immune system disorders: Anaphylactic reaction (rare, life-threatening allergic reaction)
Endocrine disorders: Transient hypothyroidism (temporary deficiency of thyroid hormone) in a patient with compromised thyroid function
Metabolism and nutrition disorders: Mild hypoglycemia (mild lowering of blood sugar)
Psychiatric disorders: Insomnia (sleeplessness)
Nervous system disorders: Dizziness, headache, palpitations
Cardiac disorders: Atrial fibrillation (abnormal heart rhythm)
Gastrointestinal disorders: Dryness of mouth, flatulence (gassiness), gastric hemorrhage (stomach bleeding), vomiting
Skin and subcutaneous tissue disorders: Angioedema (deep swelling around the eyes and lips and sometimes of the hands and feet), urticaria (hives), rare cases of serious skin reactions (e.g., bullous dermatitis, Stevens-Johnson syndrome, erythema multiforme) which may include symptoms such as redness, rash, blisters and skin shedding

Zinc

Metabolism and nutrition disorders: Loss of appetite
Psychiatric disorders: Drowsiness
Nervous system disorders: Headache, metallic taste
Gastrointestinal disorders: Abdominal pain/cramps, diarrhea, dyspepsia, gastritis (inflammation of the stomach), gastrointestinal discomfort/irritation, nausea, vomiting

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

Carbocisteine

There are no known interactions with carbocisteine.

Zinc

- **Antibiotics:** Zinc decreases the absorption of certain antibiotics such as quinolones (e.g., ciprofloxacin, levofloxacin, ofloxacin) and tetracyclines (e.g., doxycycline, tetracycline). This medicine contains zinc and must be given at least 2 hours after or 6 hours before antibiotics.
- **Bisphosphonates:** Concomitant intake of zinc and a bisphosphonate (e.g., alendronate, etidronate, risedronate) may decrease the absorption of both zinc and the bisphosphonate.
- **Cholesterol medicines:** Additive effects are possible with concomitant administration; use with caution.
- **Copper or iron:** Zinc inhibits the absorption of copper and iron. Administer zinc and copper or iron as far apart as possible.
- **Penicillamine:** Zinc may reduce the absorption of penicillamine.
- **Food:** Concomitant intake of zinc and caffeine or tea may reduce zinc absorption. Foods containing high levels of phosphorus, calcium (dairy), phytates (e.g., bran, brown bread), or folic acid may also reduce its absorption.

Tell your doctor if you are taking other medicines, including herbal medicines and food supplements.

WHAT SHOULD YOU DO IF YOU MISS A DOSE?

If you miss a dose, just take the next dose if still needed for the condition being treated, and the subsequent doses at the recommended time or schedule (i.e., every 8 hours).
Do not double the dose.

HOW SHOULD YOU KEEP THIS MEDICINE?

Keep the product out of sight and reach of children. Store at temperatures not exceeding 30°C.

SIGNS AND SYMPTOMS OF OVERDOSAGE

Carbocisteine

Carbocisteine overdose is usually associated with stomach or intestinal discomfort.

Zinc

Signs of acute zinc toxicity (doses > 200 mg daily) include gastrointestinal pain/cramps, nausea, vomiting, diarrhea, loss of appetite, headache, lethargy (sleepiness), muscle pains, and fever.

Prolonged zinc supplementation may cause impairment of copper and iron status, and anemia at doses > 50 mg/day immune deficiency, reduced blood high-density lipoprotein (HDL) levels, and gastric erosion at doses > 150 mg daily.

Long-term (average 6.3 years) ingestion of supplemental zinc (80 mg/day) has also been linked to a significant increase in hospitalizations for urinary tract infections and kidney stones.

WHAT TO DO WHEN YOU HAVE TAKEN 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.
Gastric lavage may be beneficial, followed by clinical observation as well as symptomatic and supportive treatment.

CARE THAT SHOULD BE TAKEN WHEN TAKING THIS MEDICINE

- This medicine should be given with care in patients with a history of stomach or intestinal ulcer and gastrointestinal bleeding.
- Taking multiple antitussive agents with carbocisteine is not recommended.
- Do not take more than the recommended dose.
- Do not use after the expiry date on the label.
- This product provides close to the maximum daily intake of zinc when taken at the recommended dose of three times a day. To avoid excessive intake, refrain from using other supplements or medicines containing zinc. If you are not sure whether a medicine contains zinc, ask a doctor.

WHEN SHOULD YOU CONSULT YOUR DOCTOR?

- If you are pregnant or breastfeeding, consult your doctor before using the product
- Stop taking the medicine and consult your doctor immediately if you develop any of the following:
  - Skin rashes
  - Stomach or intestinal bleeding
- If symptoms do not improve or new symptoms appear

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For suspected adverse drug reaction, seek medical attention immediately and report to the FDA at www.fda.gov.ph AND Unilab at +632-8-**UNILAB**-1 (+632-8-**864522**-1) for Metro Manila or toll-free +1-800-10-UNILAB-1 for provinces, or e-mail productsafety@unilab.com.ph.By reporting undesirable effects, you can help provide more information on the safety of this medicine.

AVAILABILITY

Amber Glass Bottle with Aluminum Pilfer Proof Cap x 60 mL (Box of 1's)

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Manufactured by Amherst Laboratories, Inc.
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