UNILAB

Zinc

e-Zinc®

10 mg/mL SYRUP (Oral Drops)
20 mg/ 5 mL SYRUP

MINERAL

FORMULATION
Each mL syrup (oral drops) contains:
Zinc ……10 mg
(equivalent to 27.5 mg Zinc Sulfate)

Each 5 mL (1 teaspoonful) syrup contains:
Zinc……20 mg
(equivalent to 55 mg Zinc Sulfate)

PRODUCT DESCRIPTION

Zinc (e-Zinc) 10 mg/mL Syrup (Oral Drops) and 20 mg/ 5 mL Syrup is a yellow, sweet-sour and cool apple-flavored, slightly thickened and slightly hazy syrup with fruity apple odor

WHAT IS IN THE MEDICINE?
This nutritional supplement contains zinc. Zinc helps the body's natural defense against damaging free radicals (antioxidant effect) and helps boost immune function. Free radicals are highly reactive and unstable chemicals generated during normal body activities that require oxygen (e.g., respiration, digestion, blood circulation, immune system response, etc.) and after exposure to UV light, cigarette smoke and various pollutants. One major effect of zinc is on the ability of cells to properly replicate the DNA, which is required for cells to multiply. Hence, zinc is needed for normal growth.

Zinc has other known functions/effects:

FUNCTIONS OF ZINC
- Cofactor of various enzymes involved in cell division and growth
- Required for the normal development and maintenance of the immune system; helps regulate the activity of cells involved in immune function
- Functions as an antioxidant by being a cofactor of the enzyme superoxide dismutase which is involved in the removal of harmful free radicals.

Zinc is also recommended by the World Health Organization (WHO) and UNICEF as an adjunct in acute diarrhea management together with reduced osmolarity oral rehydration salts (ORS).

STRENGTH OF THE MEDICINE
Please see ***Formulation***.

WHAT IS THIS MEDICINE USED FOR?
This nutritional supplement is used for the following conditions:
- As an adjunct in the management of acute diarrhea
- To help boost immune function
- To help support optimum physical growth and development

HOW MUCH AND HOW OFTEN SHOULD YOU USE THIS MEDICINE?

Therapeutic Dose: As an adjunct in the management of acute diarrhea together with reduced osmolarity ORS		
AGE GROUP	Orally, once a day during an acute diarrhea episode. Take for 10 to 14 days even when diarrhea has already stopped.	
	ZINC SYRUP (ORAL DROPS)	**ZINC SYRUP**
Under 6 months old	1 mL	2.5 mL (½ teaspoonful)
6 months and older	2 mL	5 mL (1 teaspoonful)
	Or, as directed by a doctor.	

Dose as Nutritional Supplement:		
AGE GROUP	Orally, once a day.	
	ZINC SYRUP (ORAL DROPS)	**ZINC SYRUP**
6 to 11 months	0.5 mL	-
1 to 3 years old	0.5 mL	1.25 mL (¼ teaspoonful)
4 to 8 years old	-	2.5 mL (½ teaspoonful)
9 to 13 years old	-	2.5 to 5 mL (½ to 1 teaspoonful)
Adults	-	2.5 to 5 mL (½ to 1 teaspoonful)
	Or, as directed by a doctor.	

WHEN SHOULD YOU NOT TAKE THIS MEDICINE?
If the patient is allergic to any component of the product.

UNDESIRABLE EFFECTS
Doses of zinc up to 30 mg/day are generally well tolerated. Higher doses may cause gastrointestinal (GI) side effects such as nausea, vomiting, abdominal pain/cramps, dyspepsia, GI discomfort/irritation, gastritis, and diarrhea. Other adverse reactions reported include metallic taste, loss of appetite, headache, and drowsiness.

WHAT OTHER MEDICINE OR FOOD SHOULD BE AVOIDED WHILE TAKING THIS MEDICINE?
The following interactions should be considered before giving this medicine
- **Bisphosphonates** (alendronate, etidronate, risedronate): Concomitant intake of a bisphosphonate and zinc may decrease the absorption of both the bisphosphonate and zinc.
- **Cholesterol medicines**: Additive effects are possible with concomitant administration; use with caution.
- **Copper or iron**: Concomitant administration with zinc inhibits the absorption of copper and iron. Administer zinc and copper or iron as far apart as possible.
- **Penicillamine:** Concomitant administration reduces zinc absorption.
- **Quinolones**: Zinc decreases absorption of quinolone antibiotics (e.g., ciprofloxacin, levofloxacin, ofloxacin). Zinc salts or vitamins containing zinc should be given 2 hours after or 6 hours before antibiotics.
- **Tetracycline**: Concomitant administration results in decreased tetracycline effectiveness.
  Administer tetracycline at least 2 hours before or 3 hours after zinc.
- **Food**: Concomitant intake of caffeine or tea and zinc reduces zinc absorption. Food containing high amounts of phosphorus, calcium (dairy), or phytates (e.g., bran, brown bread) may also reduce its absorption.

Tell the doctor about other medicines the patient is taking, including supplements and herbal products.

WHAT SHOULD YOU DO IF YOU MISS A DOSE?
If the patient misses a dose, just give 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 THIS MEDICINE?
Keep the product out of sight and reach of children.
Store at temperatures not exceeding 30°C.

SIGNS AND SYMPTOMS OF OVERDOSE
Signs of acute zinc toxicity (doses > 200 mg/day) include GI pain/cramps, nausea, vomiting, diarrhea, loss of appetite, headache, lethargy (sleepiness), muscle pain, 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/day.
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 the patient has taken more than the recommended dosage, consult a doctor.

CARE THAT SHOULD BE TAKEN WHEN TAKING THIS MEDICINE
- Zinc should be used with caution in patients with kidney disease.
- Do not take more than the recommended dose.
- Do not use after the expiry date on the label.

WHEN SHOULD YOU CONSULT YOUR DOCTOR?
If any undesirable effect occurs.

ADVERSE DRUG REACTION REPORTING STATEMENT
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
Zinc (e-Zinc®) 10 mg/mL Syrup (Oral Drops) in Amber Boston Round Glass Bottle x 15 mL with Aluminum Pilfer-Proof Cap (Box of 1's)
Zinc (e-Zinc®) 20 mg/5mL Syrup in Amber Glass Round Boston Bottle x 60 mL (Box of 1's)

DATE OF FIRST AUTHORIZATION:
Zinc (e-Zinc®) 10 mg/mL Syrup (Oral Drops) DRP-10247 - February 22, 2011
Zinc (e-Zinc®) 20 mg/5mL Syrup DRP-11366 - February 24, 2011

DATE OF REVISION OF PATIENT INFORMATION LEAFLET (PIL):
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