

Alneed plus®

Zinc, Iron, Folic Acid, B-vitamins & Vitamin-C capsule



Presentation

Alneed plus ®. Each capsule contains -

Zinc Sulphate Monohydrate BP 61.8 mg
Dried Ferrous Sulphate BP 150 mg
Folic Acid (Vitamin-B9) BP 0.50 mg
Thiamine Mononitrate (Vitamin-B1) USP 2 mg
Riboflavin (Vitamin-B2) USP 2 mg
Nicotinamide (Vitamin-B3) BP 10 mg
Pyridoxine Hydrochloride (Vitamin-B6) BP 1 mg
Ascorbic Acid (Vitamin-C) USP 50 mg

Description

Alneed Plus is a special preparation of Zinc, Iron, Folic Acid, B-vitamins and Vitamin-C.

Indications and Uses

Alneed Plus is indicated for the treatment and prophylaxis of Zinc, Iron, Folic Acid, B-vitamins and Vitamin-C deficiency especially during pregnancy and lactation.

Dosage and Administration

One capsule daily. In more severe cases, 2 capsules a day may be required or as directed by the physician.

Contraindications

This product is contraindicated in patients with a known hypersensitivity to any of the ingredients.

Precautions

Care should be taken in patients who may develop iron overload, such as those with haemochromatosis, haemolytic anaemia or red cell aplasia. Iron chelates with tetracycline and absorption may be impaired.

Side-effects

Generally well tolerated. However, a few allergic reactions may be seen.

Use in pregnancy & lactation

Recommended.

Drug interactions

No drug interactions have been reported.

Overdosage

Accidental overdose of iron containing products is a leading cause of fatal poisoning in children below 6 years. Avoid higher doses if you have liver disease or haemochromatosis; excess can cause bloody diarrhea, vomiting, acidosis, darkened stools, abdominal pain. Symptoms may clear in a few hours.

Riboflavin is reported to be completely safe and no toxic symptoms have been reported so far. Higher doses of Nicotinamide may cause vomiting, diarrhea. Sensory neuropathy was observed in individuals consuming more than 200 mg Pyridoxine for very long periods. No case of Folic acid overdosage has been reported.

Acute ingestion of Ascorbic acid, even of massive doses, is unlikely to cause significant effects.

Zinc toxicity has been seen in both acute and chronic forms. Ingestion of 150 to 450 mg of zinc per day have been associated with low copper status, altered iron function, reduced immune function, and reduced levels of high-density lipoproteins. So, Zinc at its RDA dosages dose not cause any significant effect.

Storage

Do not store above 30°C. Keep away from light and out of the reach of children.

Commercial Pack

Alneed Plus® capsule: Each box contains 10 blister strips of 10 capsules.