

# ASCORBIC ACID (Vitamin C) + ZINC + COLECALCIFEROL (Vitamin D<sub>3</sub>)

## ImmunPro® Prime

500 mg (equivalent to 562.43 mg Sodium Ascorbate) / 10 mg (equivalent to 27.5 mg Zinc Sulfate Monohydrate) / 1,000 IU Film-Coated Tablet  
Vitamins - Mineral

### FORMULATION

Each film-coated tablet contains:

Ascorbic acid (Vitamin C).....	500 mg
(as Sodium ascorbate, 562.43 mg)	
Zinc, elemental.....	10 mg
(as Zinc sulfate monohydrate, 27.5 mg)	
Colecalciferol (Vitamin D <sub>3</sub> ).....	1,000 IU

**PRODUCT DESCRIPTION:** This product is an orange, elliptical, biconvex, film-coated tablet, plain on both sides.

### WHAT IS IN THE MEDICINE?

This nutritional supplement contains ascorbic acid (vitamin C), zinc and colestiferol (vitamin D<sub>3</sub>) which together help boost the immune function.

Vitamin C and zinc also help the body's natural defense against damaging free radicals (antioxidant effect). 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, increased physical activity, etc.) and after exposure to UV light, cigarette smoke and various pollutants.

NUTRIENTS	FUNCTIONS
<b>Ascorbic acid (Vitamin C)</b>	<ul style="list-style-type: none"> <li>Forms part of the body's natural immune system; stimulates the activity of antibodies and immune cells which inhibit foreign antigens harmful to the body</li> <li>The major water-soluble antioxidant which acts as first defense against free radicals in the aqueous (water) phase including blood, plasma and other intracellular and extracellular fluids.</li> <li>Cofactor of enzymes involved in the formation of collagen, the most abundant protein essential in the formation of bones, teeth, cartilage, and skin and helps promote faster wound healing.</li> </ul>
<b>Zinc</b>	<ul style="list-style-type: none"> <li>Required for the normal development and maintenance of the immune system; helps regulate the activity of cells involved in immune function</li> <li>Functions as an antioxidant by being a cofactor of the enzyme superoxide dismutase which is involved in the removal of harmful free radicals.</li> <li>Essential for skin integrity, wound healing and acts as cofactor of various enzymes involved in cell division and growth</li> </ul>
<b>Colecalciferol (Vitamin D<sub>3</sub>)</b>	<ul style="list-style-type: none"> <li>Vitamin D receptor increases in differentiation of monocytes and promotes movement and phagocytic ability of macrophages with antimicrobial effects, as well as differentiation, proliferation and normal functioning of T-cells</li> <li>Acts to maintain normal concentrations of calcium and phosphorus in plasma, mainly by facilitating calcium absorption from the small intestine and by enhancing the parathyroid hormone (PTH) – mediated mobilization of calcium and phosphorus from bone</li> </ul>

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

### WHAT IS THE MEDICINE USED FOR?

This nutritional supplement is used for the prevention and treatment of vitamin C, zinc and vitamin D deficiencies. It is also used for the maintenance and support of immune system function.

### HOW MUCH AND HOW OFTEN SHOULD YOU USE THIS MEDICINE?

Adult Dose: Orally, 1 tablet once a day. Or, as directed by a doctor.

### WHEN SHOULD YOU NOT TAKE THIS MEDICINE?

- If you are allergic to any ingredient in the product
- If you have hypervitaminosis D, nephrolithiasis (kidney stones), diseases or conditions resulting in hypercalcemia (high blood calcium levels), hypercalciuria (high calcium levels in the urine) and severe kidney impairment

**UNDESIRABLE EFFECTS:** The amount of nutrients in this medicine is relatively nontoxic and is usually well tolerated. However, undesirable effects may occur, particularly when the nutrients are used at high doses.

#### Ascorbic acid (Vitamin C)

**Blood and lymphatic system disorders:** Hemolysis [after large oral doses of ascorbic acid in patients with glucose-6-phosphate dehydrogenase (G6PD) deficiency]

**Immune system disorders:** Delayed-type allergic response

**Psychiatric disorders:** Insomnia, sleepiness

**Nervous system disorders:** Headache

**Vascular disorders:** Flushing

**Gastrointestinal disorders:** Abdominal cramps, diarrhea (at a dose of 1 g or more daily), esophagitis (rare), flatulent distention, gastric discomfort, heartburn, intestinal obstruction (rare), nausea, transient colic, vomiting

**Renal and urinary disorders:** Increased urination (mild), kidney stone formation (associated with large dosages of ascorbic acid reportedly have been limited to individuals with preexisting renal disease)

#### Zinc

**Blood and lymphatic system disorders:** Anemia (abnormally low red blood cell count), blood cell microcytosis (condition where red blood cells are smaller than normal), neutropenia (abnormally low neutrophil count)

**Metabolism and nutrition disorders:** Disturbance of copper metabolism, loss of appetite, reduced iron function

**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

#### Colecalciferol (Vitamin D<sub>3</sub>)

**Metabolism and nutrition disorders:** Hypercalcemia (high blood calcium levels)

**Cardiac disorders:** Cardiac arrhythmia (irregular heartbeat)

**Gastrointestinal disorders:** constipation, nausea, vomiting

**Renal and urinary disorders:** Hypercalciuria (high calcium levels in the urine), nephrolithiasis (kidney stones), nocturia (need to pass urine at night), polyuria (excessive urination)

**General disorders and administration site conditions:** Polydipsia (excessive thirst)

### SIGNS AND SYMPTOMS OF OVERDOSAGE

**Ascorbic acid (Vitamin C):** Prolonged intake of vitamin C in excess of 2 g per day may lead to nausea, abdominal cramps, diarrhea, and nose bleeds. Elevated serum glucose levels, gastrointestinal obstruction, and esophagitis have also been reported in those taking high oral doses of vitamin C.

**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.

**Colecalciferol (Vitamin D<sub>3</sub>):** Chronic ingestion of 50,000 to 100,000 IU (1.25 to 2.5 mg) of vitamin D per day may result in hypervitaminosis D. Signs and symptoms include hypercalcemia, hypercalciuria, anorexia, nausea, vomiting, polyuria, weakness, lethargy (fatigue), and constipation.

### 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.

### CARE THAT SHOULD BE TAKEN WHEN TAKING THIS MEDICINE

• Ask a doctor before use if you are on a sodium restricted diet. Each tablet contains 65 mg of sodium (as sodium ascorbate).

• Do not take more than the recommended dose.

• Do not use after the expiry date on the label.

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

#### Ascorbic acid (Vitamin C)

• **Antacids:** Increased risk of aluminum toxicity has been noted with concomitant use; therefore, it is not recommended, especially in patients with renal insufficiency.

• **Aspirin:** Concomitant intake may lead to increased urinary excretion of ascorbic acid and decreased excretion of aspirin.

• **Disulfiram:** Prolonged administration of large doses (1 g daily) of vitamin C may interfere with the alcohol-disulfiram reaction.

• **Fluphenazine:** Concomitant administration with vitamin C resulted in decreased fluphenazine plasma level.

• **Iron:** Concomitant administration of more than 200 mg of vitamin C per 30 mg elemental iron increases absorption of iron from the gastrointestinal tract.

• **Paracetamol:** Vitamin C increases the apparent half-life of paracetamol.

#### 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.

#### Colecalciferol (Vitamin D<sub>3</sub>)

• **Anticoagulants, vitamin D and thiazides:** Concomitant use may decrease the effect of vitamin D

• **Bile acid sequestrants (e.g. cholestyramine and colestipol), mineral oil and orlistat:**

Concomitant use may reduce the absorption of vitamin D

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 and the subsequent doses at the usual recommended schedule. Do not double the dose.

### HOW SHOULD YOU KEEP THIS MEDICINE?

Store at temperatures not exceeding 30°C.

Keep the product out of sight and reach of children.

### WHEN SHOULD YOU CONSULT YOUR DOCTOR?

• If you are pregnant or breastfeeding, consult a doctor before taking this medicine.

• 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](http://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](mailto:productsafety@unilab.com.ph). By reporting undesirable effects, you can help provide more information on the safety of this medicine.

### AVAILABILITY

Flex Foil Strip x 4's (Box of 100's)

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Manufactured by UNILAB, Inc.

No. 66 United Street, Mandaluyong City

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Reg. IPOPHIL



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