

PROFESSIONAL INFORMATION

SCHEDULING STATUS

S0

1. NAME OF THE MEDICINE Zinc Tonic Kidz

2. COMPOSITION

Each bottle contains:

Ingredients	Per 100 ml	Per 5 ml	NRV% *
Vitamin D ₃ (as Cholecalciferol)	100 mcg 4000 IU	5,0 mcg 200 IU	33
Vitamin C (as L-Ascorbic Acid)	666,7 mg	33,3 mg	33
Zinc (as Oxide)	100,0 mg	5,0 mg	45
Contains polyols: Sorbitol	66,7 ml	3,3 ml	

For full list of excipients, see section 6.a

3. PHARMACEUTICAL FORM White, round or oval tablet.

4. CLINICAL PARTICULARS

(a) Therapeutic indication

Zinc is an essential trace element commonly found in red meat, poultry, and fish. It is necessary in small amounts for human health, growth and sense of taste. It is an essential mineral to maintain immune health and support of the body's functions.

(b) Dosage and method of administration

Children: Age 1 – 3 Years 5 ml or 1 teaspoon daily
 Age 4 - 5 Years 19 ml or 2 teaspoons daily
 Age 6 - 12 Years 15 ml or 3 teaspoons daily

Do not exceed the recommended dose.

Always consult your healthcare professional if you are taking any other medicine.

Only take the medication as indicated on the packet or container.

If you skip a dose, do not take a double dose.

Take at least two hours before or after taking other medication.

Do not exceed the daily dosage level or for use beyond 6 months, consult a relevant health care provider.

(c) Contraindications

Hypersensitivity to any of the ingredients or the excipients.

(d) Special warnings and precautions for use

VITATECH ZINC TONIC KIDZ should be used with care if patients have any of these health problems:

Surgery for weight-loss (bariatric surgery): Bariatric surgery reduces the absorption of zinc and might increase the risk for zinc deficiency. Zinc levels may need to be monitored.



- **Kidney disease:** Low zinc in the diet increases the risk of getting kidney disease. Also, people with kidney disease on haemodialysis are at risk for zinc deficiency and might require zinc supplements.
- **Vegetarianism:** Vegetarian diets are often linked with lower zinc absorption. But the body adapts over time. It becomes better at absorbing zinc and reducing zinc loss.

Any other supplementation consisting of vitamins and minerals should be taken into account when prescribing / suggesting **VITATECH ZINC TONIC KIDZ**

(e) Interaction with other medicines and other forms of interaction

No interaction studies have been performed on **VITATECH ZINC TONIC KIDZ**. Be cautious with this combination

It may interact with the following medicines. Caution is advised when used concurrently:

- **Antibiotics (Tetracycline antibiotics),** Zinc can attach to tetracyclines in the stomach. This decreases the amount of tetracyclines that can be absorbed. Taking zinc with tetracyclines might decrease the effectiveness of tetracyclines. To avoid this interaction, take zinc 2 hours before or 4 hours after taking tetracyclines. Some tetracyclines include demeclocycline (Declomycin), minocycline (Minocin), and tetracycline (Achromycin).
- **Antibiotics (Quinolone antibiotics).** Zinc might decrease how much antibiotic the body absorbs. Taking zinc along with some antibiotics might decrease the effectiveness of some antibiotics. To avoid this interaction, take zinc supplements at least 1 hour after antibiotics. Some of these antibiotics that might interact with zinc include ciprofloxacin (Cipro), enoxacin (Penetrex), norfloxacin (Chibroxin, Noroxin), sparfloxacin (Zagam), trovafloxacin (Trovan), and grepafloxacin (Raxar). Cisplatin (Platinol-AQ),
- **Taking zinc along with EDTA and cisplatin (Platinol-AQ)** might increase the effects and side effects of cisplatin (Platinol-AQ).
- **Penicillamine,** Penicillamine is used for Wilson's disease and rheumatoid arthritis. Zinc might decrease how much penicillamine your body absorbs and decrease the effectiveness of penicillamine.

Minor Interactions

Be watchful with this combination:

- **Amiloride (Midamor),** Amiloride (Midamor) is used as a "water pill" to help remove excess water from the body. Another effect of amiloride (Midamor) is that it can increase the amount of zinc in the body. Taking zinc supplements with amiloride (Midamor) might cause you to have too much zinc in your body.

(f) Ability to drive and use machines

Not applicable

(g) Side Effects

Get emergency medical help if you have any of these signs of an allergic reaction:

- hives;



- difficulty breathing;
- swelling of your face, lips, tongue, or throat.

Less serious side effects may include:

- nausea or
- upset stomach.

(h) Overdose

In the event of over-dosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre.

(i) Effects when no further used

There should be no side effects or any withdrawal symptoms after you stop using
VITATECH ZINC TONIC KIDZ

(5) PHARMACOLOGICAL PROPERTIES

(a) PHARMACOLOGICAL CLASSIFICATION

34.13 Category D (Health Supplement) [S0]

(b) PHARMACOLOGICAL ACTION

Zinc is a naturally occurring mineral and is important for growth and for the development and health of body tissues. Zinc is used to treat and to prevent zinc deficiency. Zinc is an essential mineral that is found in almost every cell. It stimulates the activity of approximately 100 enzymes (IOM 2001). Zinc deficiency may be associated with an increased risk of infection. When used to treat the common cold, zinc may interfere with rhinovirus cleavage or adhesion, and may protect plasma membranes from microbial toxins and complement (Nahas 2011).

(6) PHARMACEUTICAL PARTICULARS

(a) Other ingredients

Purified water, citric acid monohydrate (acidity regulator), flavouring, sodium chloride, sodium benzoate (preservative) and carboxymethyl cellulose (stabiliser)
Contains polyols.

(b) Shelf life

2 years

(c) Storage conditions

Store at or below 25 °C.
Protect from sunlight and moisture.
Keep out of reach of children
Store in original packaging
Do not store in a fridge
Always seal the container properly before storage

(d) Presentation and packaging

White bottle with white lid packaged in a box, labelled with clear, detailed information printed on the label. In a liquid format.

(e) Disposal and handling

Wrap the contents and the container properly in put in a plastic bag.
Dispose the wrapped package in the normal household waste bag after dissolving it in water.

(7) NAME AND ADDRESS OF REGISTRATION HOLDER

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Cnr Parkin & Delson Street, North End, Gqeberha 6001
Tel no: +27 (0) 41 816 3100
Email: info@vitatechhealth.com
Website: www.vitatechhealth.com

(8) REGISTRATION NUMBER

To be allocated

(9) DATE OF PUBLICATION OF PROFESSIONAL INFORMATION

October 2021

(10) COMPLEMENTARY MEDICINE

This medicine has not been evaluated by the SAHPRA for its quality, safety or intended use. This medicine is not intended to diagnose, treat, cure or prevent any disease.