

Patient Information Leaflet

SCHEDULING STATUS S0

BE-TABS ASCORBIC ACID 500 mg

Ascorbic Acid

Sugar Free

Read all of this leaflet carefully before you start taking BE-TABS ASCORBIC ACID 500 mg

BE-TABS ASCORBIC ACID 500 mg is available without a doctor's prescription, for you to treat a mild illness. Nevertheless, you still need to use BE-TABS ASCORBIC ACID 500 mg carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share BE-TABS ASCORBIC ACID 500 mg with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve.

What is in this leaflet

1. What BE-TABS ASCORBIC ACID 500 mg is and what it is used for
2. What you need to know before you take BE-TABS ASCORBIC ACID 500 mg
3. How to take BE-TABS ASCORBIC ACID 500 mg
4. Possible side effects
5. How to store BE-TABS ASCORBIC ACID 500 mg
6. Contents of the pack and other information

1. What BE-TABS ASCORBIC ACID 500 mg is and what it is used for

BE-TABS ASCORBIC ACID 500 mg belong to a group of medicines called vitamins. Ascorbic acid is also known as Vitamin C.

BE-TABS ASCORBIC ACID 500 mg are used for the treatment of Vitamin C deficiency. They are also used to treat scurvy (a serious condition due to a long-term lack of dietary Vitamin C).

2. What you need to know before you take BE-TABS ASCORBIC ACID 500 mg

Do not take BE-TABS ASCORBIC ACID 500 mg:

- if you are hypersensitive (allergic) to ascorbic acid or any of the other ingredients of BE-TABS ASCORBIC ACID 500 mg (listed in section 6);
- if you suffer from hyperoxaluria (excretion of urine containing large amounts of calcium oxalate crystals).

Warnings and precautions

Take special care with BE-TABS ASCORBIC ACID 500 mg:

- if you are to undergo any blood or urine tests as ascorbic acid can interfere with some blood and urine tests
- if you are a regular smoker
- if you have kidney failure as ascorbic acid enhances aluminium absorption (present in antacids) which may reach toxic levels.

Other medicines and BE-TABS ASCORBIC ACID 500 mg

Always tell your health care provider if you are taking any other medicine. (This includes all complementary or traditional medicines.)

In particular tell your doctor if you are taking any of the following medicines:

- Amphetamines (used in the treatment of attention deficit hyperactivity disorder)
- Oral contraceptives which contains oestrogen (e.g. "the pill")
- Acetylsalicylic acid (anti-inflammatory drug) such as aspirin
- Iron-containing medicines
- Antacids
- Amygdalin (Vitamin B17) - can cause cyanide toxicity

Ascorbic Acid Tablets should not be taken for the first month after starting desferrioxamine treatment.

BE-TABS ASCORBIC ACID 500 mg with food and drink

Refer to section 3 on the use of BE-TABS ASCORBIC ACID 500 mg with food.

Pregnancy, breast-feeding and fertility

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other health care provider for advice before taking this medicine.

Driving and using machines

Ascorbic acid has no known effect on your ability to drive or operate machinery.

3. How to take BE-TABS ASCORBIC ACID 500 mg

Do not share medicines prescribed for you with any other person.

Always take BE-TABS ASCORBIC ACID 500 mg exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

The usual dose is:

Treatment for deficiency: oral , 500 mg two times a day after meals,
maximum daily dose of 1000 mg.

If you have the impression that the effect of BE-TABS ASCORBIC ACID 500 mg is too strong or too weak, tell your doctor or pharmacist.

If you take more BE-TABS ASCORBIC ACID 500 mg than you should

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

If you forget to take BE-TABS ASCORBIC ACID 500 mg

Do not take a double dose to make up for a forgotten individual doses.

Effects when treatment with BE-TABS ASCORBIC ACID 500 mg is stopped:

Take **BE-TABS ASCORBIC ACID 500 mg** for as long as your doctor recommends. Don't stop unless your doctor advises you to.

4. Possible side effects

BE-TABS ASCORBIC ACID 500 mg can have side effects.

Not all side effects reported for BE-TABS ASCORBIC ACID 500 mg are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking BE-TABS ASCORBIC ACID 500 mg, please consult your health care provider for advice.

If any of the following happens, stop taking BE-TABS ASCORBIC ACID 500 mg and tell your doctor immediately or go to the casualty department at your nearest hospital:

- An allergic reaction may include itching, a rash, swelling of the face, lips, tongue and/or throat with difficulty in swallowing or breathing.

These are a very serious side effects. If you have them, you may have had a serious allergic reaction to BE-TABS ASCORBIC ACID 500 mg. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

Frequency unknown:

- diarrhoea, stomach cramps, nausea (feeling sick), vomiting (being sick)
- flushing or redness of the skin
- haemolytic anaemia (where the body's immune system attacks its own red blood cells), signs may include fatigue and paleness
- diuretic effect (increased urine flow) due to increased intake of ascorbic acid over a prolonged period. This may lead to deficiency if the amount of ascorbic acid taken is reduced or stopped rapidly. High doses of over 600mg daily can have a diuretic effect in some patients.

- headache

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

Reporting of side effects

If you get side effects, talk to your doctor, pharmacist or nurse. You can also report side effects to SAHPRA via the “**6.04 Adverse Drug Reaction Reporting Form**”, found online under SAHPRA’s publications: <https://www.sahpra.org.za/Publications/Index/8> . By reporting side effects, you can help provide more information on the safety of BE-TABS ASCORBIC ACID 500 mg.

5. How to store BE-TABS ASCORBIC ACID 500 mg

- Store in a cool dry place at or below 25 °C.
- Store out of direct sunlight
- Keep in the original container until required for use.
- Store all medicines out of reach of children.
- Do not use after the expiry date printed on the carton.
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains and sewerage systems (e.g. toilets).

6. Contents of the pack and other information

What BE-TABS ASCORBIC ACID 500 mg contains

The active substance is ascorbic acid 500 mg per tablet.

The other ingredients are colloidal silicone dioxide, magnesium stearate, microcrystalline cellulose and purified talc.

What BE-TABS ASCORBIC ACID 500 mg looks like and contents of the pack

White to off-white round tablet with a score on the one side.

500 mg tablet: 12,8 mm in diameter.

Contents of the pack:

500 mg tablet: 28, 100, 500, 1000 and 5000. Patient ready packs of different pack sizes.

Holder of Certificate of Registration

Ranbaxy Pharmaceuticals (Pty) Ltd

14 Lautre Road

Stormill Ext.1

Roodepoort, 1724

South Africa

This leaflet was last revised in

16 September 2022

Registration numbers

T1211 (Act 101/1965). (SA: 500 mg).

Botswana List number: B9314940 (Botswana 500 mg)

NS0 14/22.1.4/0553 (Namibia)