Patient Information Leaflet

Ascorbic Acid 50 mg Tablets BP

This medicine will be called Ascorbic Acid Tablets in this leaflet.

Read all of this leaflet carefully before you start taking this medicine.

- Keep this leaflet. You may need to read it again.
- This medicine is only for you. Do not give it to anyone else to take. It may harm them, even if their symptoms are the same as yours.
- If you have any further questions, please ask your doctor or pharmacist.
- If any of the side effects get serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

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1. What Ascorbic Acid Tablets are and what they are used for

These tablets contain the active ingredient, ascorbic acid. Ascorbic acid is the chemical name for Vitamin C. The tablets can be used to increase the amount of Vitamin C in the diet.

Vitamin C Tablets are used to treat patients with scurvy or they can be used by people who are at risk of Vitamin C deficiency.

2. Before you take Ascorbic Acid Tablets

Some people **must not** take these tablets.

Do not take these tablets if:

- You know you are allergic to ascorbic acid or to any of the other ingredients (these are listed in Section 6)
- You suffer from hyperoxaluria (excess oxalic acid in the urine).

Warnings and Precautions:

Talk to your doctor or pharmacist before taking Ascorbic Acid Tablets:

- If you are pregnant or breastfeeding.
- 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 Ascorbic Acid Tablets

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines.

This is particularly important if you are taking any of the following:

- Amphetamines.
- Contraceptives.
- 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.

If you need to have a blood or urine test you should tell the doctor or nurse you are taking these tablets as they may interfere with the results.

Pregnancy and breast-feeding
If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

If you want to breast-feed your baby you should talk to your doctor first before taking these tablets.

Driving and using machines
Ascorbic Acid Tablets should not affect your ability to drive or operate machinery. However, if you think you are affected you should not drive or operate machinery until you feel better.

Ascorbic Acid Tablets contain lactose and sucrose
If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

3. How to take Ascorbic Acid Tablets

The tablets can be sucked, chewed or swallowed with a drink of water.

If this medicine has been given to you by your doctor, he/she will decide what dose you need to take. Always take the tablets exactly as the doctor has told you. The dose will be on the pharmacist's label. If you are not sure, ask your doctor or pharmacist. Carry on taking them for as long as you have been told unless you have any problems. In that case, check with your doctor.

The usual doses are as follows:

For the treatment of scurvy:
Adults, the elderly and children: The usual dose is 2 tablets, three times a day.

To prevent possible deficiency:
Adults, the elderly and children: The usual dose is 1 tablet, twice a day.

If you have bought the tablets yourself, take the dose described above.

If you take more tablets than you should
If you (or someone else) swallow a lot of tablets at the same time, or you think a child may have swallowed any, contact your nearest hospital casualty department or tell your doctor immediately. Take this leaflet and any remaining tablets with you so the doctor knows what has been taken.

If you forget to take a dose of Ascorbic Acid Tablets
If you miss a dose, do not take a double dose to make up for a forgotten dose, just resume your schedule and go on as before. If you are not sure what to do, ask your pharmacist.

If you stop taking Ascorbic Acid Tablets
Keep taking this medicine until your doctor or pharmacist tells you to stop. You may need to stop taking the tablets slowly as they may alter your kidney function.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

4. Possible side effects

Ascorbic Acid Tablets are suitable for most people, but, like all medicines they can sometimes cause side effects, although not everybody gets them.

Stop taking this medicine immediately and consult your doctor if you suffer an allergic reaction after taking this medicine.

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

If you experience any of the following you should see your doctor or pharmacist:

- 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.

Reporting of side effects
If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store.

By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store Ascorbic Acid Tablets

Keep out of the reach and sight of children.

Do not store above 25°C. Store in the original container to protect the tablets from light. Keep the container tightly closed to protect the tablets from moisture.

Do not use the tablets after the expiry date shown on the label.

If you stop taking the tablets, please take any left over back to your pharmacist to be destroyed.

6. Further Information

Ingredients
Each tablet contains 50 mg of the active ingredient, ascorbic acid. The other ingredients are colloidal anhydrous silica, stearic acid, lactose, talc, syrup (sucrose) and potato starch.

What the medicine looks like
The tablets are round and white and marked " 50" on one side. They are supplied to your pharmacist in packs of 28, 100, 500 or 1000 tablets. Not all pack sizes may be available.

Product licence holder and manufacturer
The product licence holder is
Kent Pharma UK Limited, 2nd Floor, Connect 38, 1 Dover Place, Ashford, Kent, England, TN23 1FB.

Manufactured by Surepharm Services Ltd., Bretby,
Burton upon Trent, Staffs, DE15 0YZ, UK.

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