Summary of Product Characteristics

1. Name of the medicinal product

VitC 1000

2. Qualitative and quantitative composition

Each film coated tablet contains:

Total Vitamin C (Ascorbic acid)	1000 mg
- Ascorbic acid	400 mg
- Sodium ascorbate	350 mg
equivalent to ascorbic acid 300 mg	
- Calcium ascorbate	400 mg
equivalent to ascorbic acid 300 mg	
Rutin	50 mg
Hesperidin	50 mg
Citrus bioflavonoids extract 35%	50 mg
Rose hips fruit dry extract conc. (4:1)	62.5 mg
equivalent to Rose hips fruit dry extract 250 mg	
Acerola fruit dry extract conc. (4:1)	12.5 mg
equivalent to Acerola fruit dry extract 50 mg	

For full list of excipients, see section 6.1

3. Pharmaceutical form

Film coated tablet.

Yellowish brown film coated, oval shape tablet with scored on one side.

4. Clinical particulars

4.1 Therapeutic indications

Treatment of Vitamin C deficiency.

4.2 Posology and method of administration

Posology

1 tablet daily with meal or as directed by a physician or pharmacist.

Method of administration

Oral administration.

4.3 Contraindications

Hypersensitivity to the active substance or to any of the excipients listed in section 6.1.

Ascorbic acid should not be given to patients with hyperoxaluria.

4.4 Special warnings and precautions for use

Increased intake of ascorbic acid over a prolonged period may result in an increased renal clearance of ascorbic acid, and deficiency may result if the intake is reduced or withdrawn rapidly (see section 4.8).

Interference with serological testing

Ascorbic acid may interfere with tests and assays for urinary glucose, giving false-negative results with methods utilizing glucose oxidase with indicator (e.g. Labstix, Tes-Tape) and false-positive results with neocuproine methods.

Estimation of uric acid by phosphotungstate or uricase with copper reduction and measurement of creatinine in non-deproteinised serum may also be affected.

High doses of ascorbic acid may give false-negative readings in faecal occult blood tests.

Patients with rare hereditary problems of galactose intolerance, total lactase deficiency or glucose-galactose malabsorption should not take this medicine.

4.5 Interaction with other medicinal products and other forms of interaction

Ascorbic acid increases the renal excretion of amphetamine. The plasma concentration of ascorbate is decreased by smoking and oral contraceptives.

Ascorbic acid increases the absorption of iron.

Concomitant administration of aspirin and ascorbic acid may interfere with absorption of ascorbic acid. Renal excretion of salicylate is not affected and does not lead to reduced anti-inflammatory effects of aspirin.

Concomitant administration of aluminium-containing antacids may increase urinary aluminium elimination. Concurrent administration of antacids and ascorbic acid is not recommended, especially in patients with renal insufficiency.

Co-administration with amygdalin (a complementary medicine) can cause cyanide toxicity.

Concurrent administration of ascorbic acid with desferrioxamine enhances urinary iron excretion. Cases of cardiomyopathy and congestive heart failure have been reported in patients with idiopathic haemochromatosis and thalassaemias receiving desferrioxamine who were subsequently given ascorbic acid. Ascorbic acid should be used with caution in these patients and cardiac function monitored.

Ascorbic acid may interfere with biochemical determinations of creatinine, uric acid and glucose in samples of blood and urine.

4.6 Fertility, pregnancy and lactation

Pregnancy

For ascorbic acid no clinical data on exposed pregnancies are available. Animal studies do not indicate direct or harmful effects with respect to pregnancy, embryonal/foetal development, parturition or postnatal development. Pregnant women should exercise caution.

Breast-feeding

Ascorbic acid is excreted in breast milk. Though again caution should be exercised, no evidence exists suggesting such excretion is hazardous to the infant.

4.7 Effects on ability to drive and use machines

On the basis of the product's pharmacodynamic profile and reported adverse events, ascorbic acid has no known effect on an individual's ability to drive or operate machinery.

4.8 Undesirable effects

Nervous system disorders: headache.

Vascular disorders: flushing.

Gastrointestinal disorders: nausea, vomiting and stomach cramps. Large doses of ascorbic acid may cause diarrhoea.

Skin and subcutaneous tissue disorders: redness of skin.

Renal and urinary disorders: Patients known to be at risk of hyperoxaluria should not ingest ascorbic acid doses exceeding 1g daily as there may be increased urinary oxalate excretion. However, such risk has not been demonstrated in normal, non-hyper oxaluric individuals. Ascorbic acid has been implicated in precipitating haemolytic anaemia in certain individuals deficient of glucose-6-phosphate dehydrogenase.

Increased intake of ascorbic acid over a prolonged period may result in increased renal clearance of ascorbic acid, and deficiency may result if the intake is reduced or withdrawn rapidly. Doses of more than 600mg daily have a diuretic effect.

Reporting of suspected adverse reactions

Reporting suspected adverse reactions after authorisation of the medicinal product is important. It allows continued monitoring of the benefit/risk balance of the medicinal product. Healthcare professionals are asked to report any suspected adverse reactions via the Health Product Adverse Event Report Form at: http://thaihpvc.fda.moph.go.th/thaihvc/index.jsf.

4.9 Overdose

Symptoms

At doses of over 3g per day unabsorbed ascorbic acid is mainly excreted unmetabolised in the faeces. Absorbed ascorbic acid additional to the body's needs is rapidly eliminated. Large doses of ascorbic acid may cause diarrhoea and the formation of renal oxalate calculi. Symptomatic treatment may be required.

Ascorbic acid may cause acidosis or haemolytic anaemia in certain individuals with a deficiency of glucose 6-phosphate dehydrogenase. Renal failure can occur with massive ascorbic acid overdosage.

Management

Gastric lavage may be given if ingestion is recent otherwise general supportive measure should be employed as required.

5. Pharmacological properties

5.1 Pharmacodynamics properties

Ascorbic acid, coupled with dehydroascorbic acid to which it is reversibly oxidised, has a variety of functions in cellular oxidation processes. Ascorbic acid is required in several important hydroxylations, including the conversion of proline to hydroxyproline (and thus collagen formation e.g. for intercellular substances and during wound healing); the formation of the neurotransmitters 5- hydroxytryptamine from tryptophan and noradrenaline from dopamine, and the biosynthesis of carnitine from lysine and methionine. Ascorbic acid appears to have an important role in metal ion metabolism, including the gastrointestinal absorption of iron and its transport between plasma and storage organs. There is evidence that ascorbic acid is required for normal leucocyte functions and that it participates in the

detoxification of numerous foreign substances by the hepatic microsomal system. Deficiency of ascorbic acid leads to scurvy, which may be manifested by weakness, fatigue, dyspnoea, aching bones, perifollicular hyperkeratosis, petechia and ecchymosis, swelling and bleeding of the gums, hypochromic anaemia and other haematopoietic disorders, together with reduced resistance to infections and impaired wound healing.

5.2 Pharmacokinetic properties

Absorption

Ascorbic acid is well absorbed from the gastrointestinal tract.

Distribution

Ascorbic acid is widely distributed to all tissues. Body stores of ascorbic acid normally are about 1.5g. The concentration is higher in leucocytes and platelets than in erythrocytes and plasma.

Elimination

Ascorbic acid additional to the body's needs, generally amounts above 200mg daily, is rapidly eliminated; unmetabolized ascorbic acid and its inactive metabolic products are chiefly excreted in the urine. The amount of ascorbic acid excreted unchanged in the urine is dose-dependent and may be accompanied by mild diuresis.

5.3 Preclinical safety data

There are no other preclinical data.

6. Pharmaceutical particulars

6.1 List of excipients

Pregelatinised starch

Povidone

Colloidal silicon dioxide

Crospovidone

Stearic acid

Hydroxypropyl methylcellulose

Titanium dioxide

Polyethylene glycol 6000

Quinoline yellow

Purified water

6.2 Incompatibilities

Not applicable.

6.3 Tentative shelf life

Two years from manufacturing date.

6.4 Special precautions for storage

Store below 30°C in a dry place, away from direct sunlight.

6.5 Nature and contents of container

Film coated tablets packed in amber plastic (PET) bottle closed with white plastic (PE) safety cap of 30 and 60 tablets.

6.7 Special precautions for disposal and other handling

No special requirements.

Note:

Read the instructions carefully before use. Do not use the product after the expiry date.

Do not use the product if there are any significant changes in appearance of the tablets

Keep out of reach of children.

7. Marketing authorization holder

Lerd Singh Pharmaceutical Fact., Ltd., Part.

922 Sukhumvit 50 Road, Pra khanong, Klongtoey, Bangkok 10260 Thailand

Tel: 0-2331-1958, 0-2331-1962 Fax: 0-2311-5628

Distributed by:

Biopharm Chemicals Co., Ltd.

55 Biohouse Bldg., Sukhumvit 39, Bangkok, Thailand

Tel: 0-2258-8888

8. Marketing authorization number

[.....]

9. Date of first authorization/renewal of the authorization

DD/MM/YYYY

10. Date of revision of the text

Dec 17th, 2021