

Ascorbic Acid (Vitamin C) and Zinc Chewable Tablets

Lussi® Chewable Tablets लूसी

What is in this leaflet

1. What Lussi® is used for
2. How Lussi® works
3. Before you use Lussi®
4. How to use Lussi®
5. While you are using it
6. Undesirable effects
7. Storage and Disposal
8. Product Description
9. Manufacturer and Marketed by

What Lussi® is used for

Ascorbic acid + Zinc Chewable tablets are indicated for the treatment of vitamin C and zinc deficiency.

How Lussi® works

Vitamin C: Ascorbic acid is an important water-soluble vitamin and antioxidant. Due to the low storage capacity of the body for vitamin C, a regular intake of sufficient amounts is essential to humans.

Ascorbic acid and its metabolite dehydroascorbic acid form a reversible redox system that is involved in many enzymatic reactions and forms the basis for the spectrum of action of vitamin C. Ascorbic acid functions as a cofactor in a number of hydroxylation and amidation reactions by transferring electrons to enzymes that provide reducing equivalents.

The importance of ascorbic acid to the human body is most clearly evident in clinically manifest vitamin C deficiency, i.e. scurvy. Ascorbic acid plays a key role in the production of hydroxyproline from proline, which in turn is essential to the development of functionally active collagen. The symptoms seen in scurvy, such as delayed wound healing, disturbances of bone growth, vascular fragility and disorders of dentine formation, are the result of impaired collagen formation.

Zinc: As with vitamin C, low levels of zinc may also adversely affect the healing rate of wounds, ulcers and decubitus.

Zinc status is of major importance in maintenance of effective immune response, particularly T-cell-mediated response.

Before you use Lussi®

-When you must not use it

At high doses (more than 2 g/day) vitamin C may interfere with the following biological tests: plasmatic and urinary dosages of creatinine and glucose (control with glucose-oxidase device) as well as with tests for occult bleeding in stool.

Pregnancy and lactation

No teratogenicity study in animals is available. Clinical observations of a great number of exposed pregnant women have not shown any malformative or toxic effect of Lussi® chewable tablets on the foetus. However, only epidemiological studies could check the absence of any risk. Consequently, Lussi® chewable tablets should only be used during pregnancy if necessary. The vitamin and mineral of Lussi® chewable tablets are excreted in the milk, but harmful effect on the child are unlikely at the therapeutic doses.

How to use Lussi®

Take this medication by mouth. Chew it completely before swallowing, or as directed by your doctor. Lussi® Chewable Tablet may be taken with or without food, but it is better to take it at a fixed time.

Mode of administration: Oral

-If you use too much (overdose)

Cause of overdose have not been reported. Symptoms of overdose may include gastrointestinal disturbance, such as diarrhoea and abdominal discomfort.

While you are using it

- Things you must do

Take your medicine exactly as your doctor has told you.

Tell all the doctors, dentists and pharmacists treating you that you are taking Lussi®.

- Things you must not do

The recommended daily dose of one tablet per day must not be exceeded.

It should only be used for the treatment of vitamin C deficiency if the cause is dietary.

Patients receiving any other medication or those under medical care should consult a physician before taking this medicinal product. Patients with rare hereditary problems of galactose intolerance, the lactase deficiency or glucose-galactose malabsorption should not take Lussi® Chewable tablets.

Lussi® Chewable is contraindicated in:

-Hypersensitivity to any of the active substances or to any of the excipients listed in section Product Description.

Hypercalcaemia; hypermagnesaemia; nephrolithiasis/ urolithiasis; hemochromatosis.

Ascorbic acid should not be given to patients with hyperoxaluria, reduced renal function or deficiency of glucose-6-phosphate dehydrogenase.

- Things to be careful of

Driving and using machines

The product has no or negligible influence on the ability to drive and use machines.

Undesirable effects

The listed adverse drug reactions have been identified during the post-approval use of the product. As these reactions are reported voluntarily, a reliable estimation of their frequency is not possible.

The most commonly found adverse reactions are mild transient multivitamin/mineral gastrointestinal disturbances (>=1/100 - <1/10). Allergic reactions are very rare (<1/10,000). Urticaria, throat swelling and rash have been reported in isolate cases. Ascorbic acid may cause haemolytic anaemia in certain individuals with a deficiency of glucose-6-phosphate dehydrogenase.

Storage and Disposal

- Storage

Store at temperatures not exceeding 25°C. Protect from light and moisture.

- Disposal

No special requirements.

Product Description

-What it looks like

- Light Orange color mottled, round uncoated tablet with breakline on one side and plain on other side

Active ingredient: Ascorbic acid IP 100 mg, Sodium Ascorbate IP 450 mg equivalent to Ascorbic Acid 400 mg, Zinc Citrate IP eq. to elemental Zinc 5 mg

Manufactured by: Tirupathi Medicare

Nahan Road, Paonta Sahib, Distt. Sirmour – 173205 H.P., INDIA

Mfg. Lic. No.: MB/07/553

Marketed by: **Kusum Healthcare Pvt. Ltd.**

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