

## Multivitamins + Iron

### Macrobee with Iron (Reformulated)

Tablet

#### Therapeutic Iron Preparation with Blood Building Vitamins & Minerals

#### Description

Macrobee with Iron Film-Coated tablet is a therapeutic iron preparation reinforced with minerals and vitamins which offer a comprehensive coverage in the management of anemias among adults, adolescents, pregnant women, elderly and patients who underwent surgical operations. Its reliable and broad hematinic efficacy is derived from the functional capacities of its blood building nutrients. Vitamin C and cupric sulfate are also added for enhanced iron absorption and utilization. Vitamin B12 and Folic Acid, which are involved in the formation of red blood cells, further ensure wider anti-anemia coverage.

Macrobee with Iron contains Ferrous Fumarate, the iron salt with less metallic taste and minimal gastric irritating effects, making it beneficial for individuals with sensitive stomach, and sense of taste and smell.

#### Full Information

##### What is in Macrobee with Iron Film-Coated Tablet?

Each film-coated tablet contains:

Folic Acid (Vitamin B9)	1 mg
Cyanocobalamin (Vitamin B12)	50 mcg
Ascorbic Acid (Vitamin C)	100 mg
Ferrous Fumarate	250 mg
(equivalent to Elemental Iron)	82.50 mg
Manganese Sulfate Monohydrate	200 mcg
Cupric Sulfate Pentahydrate	200 mcg

##### What is Macrobee with Iron Film-Coated Tablet?

Macrobee with Iron is a pink, oblong, film-coated tablet and plain on both sides.

Macrobee with Iron Film-Coated tablet is a therapeutic iron preparation reinforced with minerals and vitamin C for the effective management of anemias among adults, adolescents, pregnant women and the elderly. Its reliable and broad hematinic/anti-anemic efficacy is derived from the functional capacities of its components. The primary ingredient is ferrous fumarate, a clinically proven hematopoietic factor. Vitamin C and cupric sulfate are also added for enhanced iron absorption and utilization. Vitamin B12 and Folic Acid further ensure wider anti-anemia coverage. These active substances, which individually exhibit well-defined therapeutic actions and which mutually complement each other, place Multivitamins +Iron (Macrobee with Iron) Film-Coated Tablet in the class of select formulations which offer comprehensive coverage in the management of anemias.

##### What is Macrobee with Iron Film-Coated Tablet used for?

Macrobee with Iron film coated tablet is indicated for the prevention of iron deficiency anemia specially in periods of rapid adolescent growth, pregnancy and lactation, excessive menstrual flow and old age.

Macrobee with Iron Film-Coated tablet is used for the treatment of Iron Deficiency Anemia associated with traumatic or endogenous hemorrhages, surgery on the gastrointestinal tract and malnutrition

##### How should Macrobee with Iron Film-Coated Tablet be taken?

One tablet per day or as prescribed by the physician.

It is best taken on an empty stomach, although it can be taken with a small amount of food to avoid gastrointestinal problems.

##### When should you not take Macrobee with Iron Film-Coated Tablet?

Macrobee with Iron Film-Coated Tablet should not be taken by patients with history of hypersensitivity or allergic reaction to any of its components.

It should not be taken by patients receiving repeated blood transfusion or by patients with anemia not caused by iron deficiency unless iron deficiency is also present.

##### What care or precautions should be observed when taking Macrobee with Iron Film-Coated Tablet?

Do not exceed the recommended daily dose.

Macrobee with Iron Film-Coated tablet should be used with caution in patients with gastrointestinal disorders, since iron salts can exacerbate gastrointestinal bleeding.

Particular care should be taken by patients with iron storage or iron absorption diseases such as hemochromatosis and hemoglobinopathies. Macrobee with Iron Film-Coated tablet should be given with caution to patients with existing gastrointestinal diseases such as inflammatory bowel disease, intestinal strictures and diverticulae.

##### What are the undesirable side effects of Macrobee with Iron Film-Coated Tablet?

As with all iron preparations, the stool may become black after taking this formulation. However, this is completely harmless. Oral iron supplements have been associated with hypersensitivity reactions which include anaphylaxis and skin reactions such as rash, pruritus, urticaria, edema and photosensitivity.

Gastrointestinal irritation and abdominal pain with nausea and vomiting, diarrhea or constipation may be experienced. These effects, which are usually related to the amount of elemental iron taken, may be reduced by taking the medicine with or after food or by beginning therapy with a small dose and increasing gradually.

Ascorbic acid is usually well tolerated. Large doses may cause hyperoxaluria, kidney stones, hemolysis in patients with G6PD deficiency, diarrhea, and other gastrointestinal disturbances. Copper salts may produce severe gastrointestinal effects and there may be systemic absorption of copper. Cyanocobalamin may cause gastrointestinal disturbances, fever, chills, hot flushing, dizziness, malaise, acneform, bullous eruptions, and tremors.

##### What other medicines or food should be avoided while taking Macrobee with Iron Film-Coated Tablet?

Iron salts are poorly absorbed orally and food may affect absorption. Compounds containing calcium and magnesium, including antacids and mineral supplements, bicarbonates, carbonates, oxalates or phosphates may affect absorption of iron by the formation of insoluble complexes. Zinc salts also decrease the absorption of iron.

The absorption of both iron salts and tetracyclines is diminished when taken together orally. If treatment with both drugs is required, a time interval of about 2 to 3 hours should be allowed between them. Time interval is also advised for patients taking trientine and iron supplement. The response to iron may be delayed in patients receiving systemic chloramphenicol. Iron is chelated by acetohydroxamic acid, reducing the absorption of both. Iron should not be given with dimercapol as toxic complexes may form. Iron salts can also decrease the absorption, bioavailability and clinical effect of the following drugs: cefdinir, biphosphonates (e.g., alendronate), doxycycline, entacapone, fluoroquinolones, levodopa, methylodopa, mycophenolate mofetil and penicillamine. Iron salts may reduce the efficacy of levothyroxine. Omeprazole may affect the bioavailability of dietary vitamin C and reduce the absorption of Cyanocobalamin (Vitamin B12).

Absorption of vitamin B12 from gastrointestinal tract may be reduced by neomycin, aminosalicilic acid, histamine-2 receptor antagonists and colchicine.

##### What should you do if you miss a dose?

If you miss a dose, you must take it as soon as possible. Do not double the next dose to make up for the missed one. You may skip the missed dose and continue your regular dosing schedule if it is almost time for the next dose.

##### What are the signs and symptoms of overdose and what to do when you have taken more than the recommended dosage?

Iron overload may occur as a result of excessive or mistaken therapy especially with injectable therapy which may lead eventually to hemochromatosis, where pigment deposition in skin and other organs may occur, mild liver dysfunction, endocrine dysfunction (e.g., failure of the adolescent growth spurt, hypogonadism, diabetes, hypothyroidism), and heart disease (pericarditis, heart failure and arrhythmia). Serum iron concentrations have also been used as an indication of the severity of overdosage. If unchecked, the iron build-up can lead to death. In cases of iron overdose, the stomach should be emptied by gastric lavage before administering deferoxamine preferably within one hour of ingesting a significant amount of iron.

Administration of vitamin B12 with doses greater than 10 mcg daily may produce a hematological response in patients with folate deficiency. Indiscriminate use may mask the precise diagnosis. Acute poisoning due to ingestion of manganese or manganese salts is rare.

##### How should Macrobee with Iron Film-coated tablet be stored?

Store at temperatures not exceeding 30°C. Keep the medicine out of reach of children.

##### When should you consult your doctor?

Generally, any untoward adverse effects experienced with Macrobee with Iron Film-Coated Tablet should immediately be reported to your doctor.