

PATIENT INFORMATION LEAFLET (PIL)

Package leaflet: Information for the user

Fizz -C

Ascorbic acid 1000 mg effervescent tablet

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you. Do not pass it on to others. It may harm them, even if their symptoms are the same as yours.
- If you get any side effects talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

What is in this leaflet:

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

1. What Fizz -C is and what it is used for

Ascorbic acid is a man-made vitamin C. Fizz -C is used to treat scurvy (a disease caused by a lack of vitamin C).

2. What you need to know before you take Fizz -C

Do not take Fizz -C and tell your doctor if you:

- have a high level of oxalic acid in your urine (hyperoxaluria)
- are allergic to any of the ingredients in the tablets (see section 6). The tablets contain sodium metabisulphite (E223) which may rarely cause allergic reactions or breathing difficulties.

Warnings and precautions

Tests

If you need to have any blood or urine tests, tell your doctor you are taking ascorbic acid tablets, as they might affect the results.

Excipients

Fizz -C tablets contain 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.

Fizz -C tablets contain colour sunset yellow. May cause allergic reactions.

This medicinal product contains small amounts of ethanol (alcohol), less than 100 mg per tablet.

This medicine contains 23 mg aspartame in each tablet. Aspartame is a source of phenylalanine. It may be harmful if you have phenylketonuria (PKU), a rare genetic disorder in which phenylalanine builds up because the body cannot remove it properly.

This medicine contains 264.669 mg sodium (main component of cooking/table salt) in each tablet. This is equivalent to 13.23 % of the recommended maximum daily dietary intake of sodium for an adult.

Other medicines and Fizz -C

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription.

Especially:

- antacids containing aluminium (for indigestion)
- aspirin
- desferrioxamine (for excessive absorption and storage of iron and some blood abnormalities)

Pregnancy and breast-feeding

If you are pregnant, planning to become pregnant or are breast-feeding, tell your doctor or pharmacist before taking any medicine.

3. How to take Fizz -C

Adults and children over the age of 12 years: 1 effervescent tablet daily, dissolved in a glass of water (200 ml). Always take Fizz -C exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

If you take more Fizz -C 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

If you forget to take Fizz -C

If you forget to take a dose, take it as soon as you remember it and then take the next dose at the right time. Do not take a double dose to make up for a forgotten dose.

If you stop taking Fizz -C

If you have been taking Fizz -C for a long time, you may develop a deficiency if you stop taking them. Talk to your doctor before you stop taking the tablets and follow their advice.

4. Possible side effects

Like all medicines, ascorbic acid tablets can cause side effects although not everybody gets them. Tell your doctor if you notice any of the following side effects, they get worse or you notice any not listed:

- **Allergic reaction:** itchy skin rash, swelling of the face, lips, tongue or throat, or difficulty breathing or swallowing.
- **Effects on the stomach:** feeling or being sick, diarrhoea, stomach cramps.
- **Other side effects:** flushing or redness of the skin, headache, increased production of urine.

Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the local reporting system. By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store Fizz -C

Keep out of the reach and sight of children.

Store in a cool dry place. Protect from light.

Avoid contact with metal.

Do not use Fizz -C after the expiry date stated on the label/carton/bottle. The expiry date refers to the last day of that month.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

6. Contents of the pack and other information

What Fizz -C contain

- The active substance (the ingredient that makes the tablets work) is ascorbic acid. Each effervescent tablet contains 1000 mg of the active substance.
- The other ingredients are anhydrous citric acid, tartaric acid, sucrose, colour sunset yellow, docusate sodium, ethanol, sodium bicarbonate, sodium chloride, saccharin sodium, aspartame, polyethylene glycol, xanthan gum, flavour orange, flavour lemon, sodium benzoate and sodium stearyl fumarate.

What Fizz -C look like and contents of the pack

PP tube of 20 tablets.

Marketing Authorisation Holder

Cipla Ltd

Leaflet Revised: September 2018

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