

# Temzinc Plus<sup>®</sup>

Vitamin B Complex & Zinc

## COMPOSITION:

Temzinc Plus<sup>®</sup> Syrup: Each 5 ml syrup contains Thiamine Hydrochloride BP 5 mg, Riboflavin-5-Phosphate Sodium BP 2.74 mg equivalent to Riboflavin 2 mg, Pyridoxine Hydrochloride BP 2 mg, Nicotinamide BP 20 mg and Zinc Sulfate Monohydrate USP 27.45 mg equivalent to elemental Zinc 10 mg.

Temzinc Plus<sup>®</sup> Tablet: Each film coated tablet contains Thiamine Mononitrate BP 5 mg, Riboflavin BP 2 mg, Pyridoxine HCl BP 2 mg, Nicotinamide BP 20 mg, Zinc Sulphate Monohydrate USP 27.45 mg equivalent to elemental Zinc 10 mg.

## PHARMACOLOGY:

Zinc is an essential trace element, involved in a number of body enzyme system. Severe Zinc deficiency causes skin lesion, alopecia, diarrhoea, increased susceptibility to infections and failure to thrive in children. The members of the vitamin B group contained in Temzinc Plus<sup>®</sup> are components of enzyme systems that regulate various stages of carbohydrate, fat and protein metabolism. Each of the components playing a specific biological role.

## INDICATION:

Temzinc Plus<sup>®</sup> is indicated for the treatment and prevention of B-Vitamins and Zinc deficiencies. B-Vitamins are needed to release energy from food. They play an important role in ensuring healthy brain and nerve function, healthy red blood cells formation in children & adults. They are specially needed for healthy growth and development of children. B-Vitamins deficiencies in adult cause profound fatigue and various types of neurologic manifestations, which may include weakness, poor balance, confusion, irritability, memory loss, nervousness, tingling of the limbs and loss of coordination. Depression may be an early sign of significantly low levels of pyridoxine, as well as other B-Vitamins. Additional symptoms of Vitamin B deficiency are sleep disturbances, nausea, poor appetite, frequent infections and skin lesions. In children, Zinc is necessary to maintain a healthy immune system. It ensures normal growth & sexual development of children. It is further necessary for the growth and maintenance of muscles. In adult, typical signs of zinc deficiency are loss of appetite, poor sense of smell and taste, tendency towards depression, white marks on fingernails, pale skin, frequent infections, low fertility, stretch marks, prostate problems, mental problems, poor wound healing, a poor immune system, diarrhoea, mental lethargy, rough skin, weight loss, ache and greasy skin.

## DOSE & ADMINISTRATION:

Temzinc Plus<sup>®</sup> Syrup -

Adults: 10 ml (2 teaspoonfuls) 2 to 3 times daily.

Children: 10 ml (2 teaspoonfuls) 1 to 3 times daily.

Infants: 5 ml (1 teaspoonful) 1 to 2 times daily.

Or as directed by the physician.

Temzinc Plus<sup>®</sup> Tablet -

Adults: 2-4 tablets daily.

Children (7-12) Years: 1-2 tablets daily or as directed by physician.

## CONTRA-INDICATIONS:

Temzinc Plus<sup>®</sup> is contraindicated in patients hypersensitivity to any of the ingredients.

## WARNING AND PRECAUTION:

Food may decrease the absorption of Zinc. Hence, the patients are advised to take the preparation at least 1 hour before or 2 hours after meal. In acute renal failure Zinc accumulation may occur, so doses adjustment is needed.

## SIDE EFFECTS:

In case of Zinc preparations, mild side effects such as stomach upset, nausea, vomiting, metallic taste, headache, and drowsiness have been observed.

## USE IN PREGNANCY & LACTATION:

The safety of Temzinc Plus<sup>®</sup> in human pregnancy has not been established. Zinc crosses the placenta and is excreted in breast milk.

## USE IN CHILDREN & ADOLESCENTS:

It is safe to use Temzinc Plus<sup>®</sup> in children & adolescents.

## DRUG INTERACTION:

Zinc may inhibit the absorption of concurrently administered Tetracyclines; when both are being given, an interval of at least 3 hours should be allowed. Similarly, concomitant administration of Zinc and Quinolone may also decrease the absorption of both. Concomitant intake of Penicillamine and Zinc may depress absorption of Zinc.

## OVERDOSE:

In case of overdosage, initially epigastric pain, diarrhoea and vomiting can occur. Should seek emergency medical attention in case of overdose. Initially an emetic should be given and then gastric lavage and general supportive measures should be employed.

## STORAGE:

Store in a dry and cool place below 30° C temperature and keep away from light and moisture. Keep out of reach of children.

## PACKING:

Temzinc Plus<sup>®</sup> 100 ml Syrup: Each bottle contains 100 ml syrup with a 10 ml measuring cup.

Temzinc Plus<sup>®</sup> 200 ml Syrup: Each bottle contains 200 ml syrup with a 20 ml measuring cup.

Temzinc Plus<sup>®</sup> Tablet Container: Each container contains 30 tablets.



Manufactured by

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