

Ironlife Syrup

Iron Syrup 200 ml



PROLIFE
P H A R M A

- Read all of this leaflet carefully before you start using Ironlife syrup.
- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This product 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 any of the side effects get serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

- **Manganese:** has antioxidant properties. It contributes to the protection of cells from oxidative stress. It also promotes normal bone growth.
- **Copper:** contributes to the efficient utilization of iron in the body, as well as to maintaining the health of connective tissue.

In this leaflet:

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

1. WHAT IRONLIFE SYRUP IS AND WHAT IT IS USED FOR

Iron is a mineral that is natural present in many foods. It is an essential component of haemoglobin, a protein that transfers oxygen from the lungs to the tissues and is present in myoglobin, a protein that provides oxygen to muscles. Iron supports metabolism and is necessary for growth, development, normal cellular functioning and synthesis of some hormones and connective tissue.

Ironlife syrup has been formulated to provide an adequate supplement for when dietary intake of iron is low. Ironlife syrup also contains a special nutrient complex of vitamins and minerals to support optimal functioning of your body.

Vitamins present in Ironlife syrup:

- **B-vitamins:** increase the daily energy levels, increase focus and help to maintain a healthy and active mind.
- **L-Lysine:** is an essential amino acid, meaning it is necessary for human health, but the body cannot make it. It is important for proper growth and plays an essential role in the production of carnitine (nutrient important for lowering cholesterol levels) and collagen (substance important for the formation of bones and skin)
- **Vitamin B9 or folic acid:** is important for the formation of red blood cells. Folate is also important for the development of the neural tube during pregnancy.

Minerals present in Ironlife syrup:

- **Iron:** important for the formation of haemoglobin, which is necessary for oxygen transport in the blood and the metabolism.
- **Zinc:** responsible for a number of different functions in the human body and it helps stimulate the activity of 100 different enzymes.
- **Calcium:** is an important component for the formation of bone.

2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE IRONLIFE SYRUP

Do not take Ironlife syrup if:

- You are allergic to any of the ingredients of Ironlife syrup (listed in section 6).
- You have a history of sensitivity to iron-containing preparations
- You have a disorder in which there is excessive absorption and storage of iron such as haemochromatosis or haemosiderosis.
- You have repeated blood transfusions or have had them in the past
- You are having other vitamin supplements
- You are currently having iron injections

Warnings and precautions

Talk to your doctor or pharmacist before taking Ironlife syrup if:

- you have haemolytic anaemia
- you have an iron storage or absorption disease
- you have a gastrointestinal disease
- you have been taking Ironlife syrup for a long time or at high doses as this can lead to toxic accumulation in the body
- you are having tests on your stools as iron preparations colour the faeces black and can interfere with test results

Other medicines and Ironlife syrup

Tell your doctor or pharmacist if you are taking, have recently taken or might take any medicines, even non-prescription medicines. Your dosage may need to be adjusted.

Ironlife syrup contains glucose, sucralose and sodium

This should be taken into account with patients who suffer from diabetes mellitus. If you have been told by your doctor that you have intolerance to some sugars, contact your doctor before taking this product. This product also contains sodium, which should be taken into consideration by patients on a controlled sodium diet.

People who experience excessive blood loss frequently need supplemental iron (e.g. excessive blood loss during menstruation). Regular blood donors and people who have gastrointestinal bleeding because of medications or conditions such as ulcers and cancer are at risk. Donating blood on a regular basis isn't recommended if you're consistently low in iron.

3. HOW TO TAKE IRONLIFE SYRUP

Always take Ironlife syrup 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.

Dosage:

Children: 3 -12 years: 1 teaspoon (5 ml), 2 times per day

Adults: 2 teaspoons (10 ml), 2 times per day

It is recommended to take Ironlife syrup on an empty stomach, as the iron uptake is decreased by food. Iron supplements in a liquid form can cause a discoloration of the teeth, so make sure your child brushes his teeth at least 2 times a day (see section 4. Possible side effects).

Do not exceed the recommended daily dosage.

Shake well before each use.

Free from alcohol, artificial colors and gluten

The dosage is meant to match the highest European standards and recommendations. Therefore, the recommended daily intake indicated may not be exceeded. Dietary supplements should not replace a varied diet. A healthy lifestyle and a varied balanced diet is important for maintaining good health.

If you take more Ironlife syrup than you should

If you may have taken more Ironlife syrup than you should, talk to your doctor or pharmacist immediately. If you take an excessive amount of this product, there's a risk at an iron overdose and this can be very dangerous, especially for children. Some symptoms of overdose are nausea, stomach pain, diarrhoea, blood in your stool, discoloration of your stool, fatigue, cold and sweaty skin, fast heart rate, high blood sugar and acidity. If you or your child experience one of these symptoms after taking too much Ironlife syrup, talk to your doctor immediately or go to the nearest hospital.

If you forget to take Ironlife syrup

If you miss a dose of Ironlife syrup, take it as soon as possible. If it is almost time for your next dose, skip the missed dose and go back to your regular dosing schedule. Do not take 2 doses at once.

4. POSSIBLE SIDE EFFECTS

Like all supplements, Ironlife syrup can cause side effects, although not everybody gets them. Some iron supplement side effects may not need medical attention. As your body gets used to the product, these side effects may disappear. But do check with your health care professional if any of the following side effects continue, or if you are concerned about them.

The following side effects have been reported:

- Nausea, epigastric pain, diarrhoea or constipation
- Discoloration of the teeth
- Darkening of your stool

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet.

5. HOW TO STORE IRONLIFE SYRUP

Keep Ironlife syrup out of the reach of children.

Do not use Ironlife syrup after the expiry date which is stated on the label. The expiry date refers to the last day of the month.

Store Ironlife syrup at room temperature (do not store above 25°C). Store away from heat, moisture, and light. Do not store in the bathroom. Once opened, keep refrigerated and consume

within 2 months.

Do not throw away any product via wastewater or household waste. Ask your pharmacist how to throw away food supplements you no longer use. These measures will help to protect the environment.

6. CONTENTS OF THE PACK AND OTHER INFORMATION

What Ironlife syrup contains

ACTIVE INGREDIENTS:

Ironlife syrup 200 ml Iron syrup	Per 10 ml	Per 200 ml
<i>Minerals</i>		
Iron	14 mg	280 mg
Calcium	20 mg	400 mg
Zinc	6 mg	120 mg
Manganese	0.50 mg	10 mg
Copper	0.40 mg	8 mg
<i>Vitamins</i>		
Vitamin B1	10 mg	200 mg
Vitamin B2	2 mg	40 mg
Vitamin B3 (niacin)	20 mg	400 mg
Vitamin B5	4 mg	80 mg
Vitamin B6	2 mg	40 mg
Vitamin B9 (folic acid)	0.10 mg	2 mg
Vitamin B12	10 mcg	0.2 mg
L-lysine (essential amino acid)	40 mg	800 mg

Ammonium iron (III) citrate corresponding to 14 mg Iron per 10 ml, Calcium carbonate corresponding to 20 mg Calcium per 10 ml, Zinc gluconate corresponding to 6 mg Zinc per 10 ml, Copper gluconate corresponding to 0.40 mg Copper per 10 ml, Manganese gluconate corresponding to 0.50 mg Manganese per 10 ml, L-lysine hydrochloride, Nicotinamide (niacin), Thiamine Mononitrate (Vitamin B1), Calcium-D-pantothenate (Vitamin B5), Pyridoxine hydrochloride (Vitamin B6), pteroyl-L-glutamic acid (folic acid or Vitamin B9), Riboflavin 5'-phosphate sodium (Vitamin B2), Cyanocobalamin (Vitamin B12).

Other ingredients:

Water, Glucose syrup, acidulate: Citric malic acid, preservatives: Sodium benzoate, Potassium sorbate, thickeners: Xanthan gum, Guar gum, sweeteners: Acesulfame K, Sucralose, Saccharin, Release agent: Mannitol.