

Consumer Medicine Information

What is in this leaflet?

This leaflet answers some common questions about Zinc Drops. It does not contain all the available information, nor does it take the place of talking with your healthcare professional.

All medicines have risks and benefits. Your healthcare professional has weighed the risks of you taking Zinc Drops against the benefits they expect it will have for you.

Keep this leaflet with your medicine.

You may need to read it again.

If you have any concerns about taking Zinc Drops, ask your healthcare professional.

1. What are the benefits of Zinc Drops?

Zinc Drops is used to correct zinc deficiency and to provide a reliable daily source of zinc for persons whose nutritional zinc intakes are low.

Zinc is an essential trace mineral and plays important roles in normal healthy:

- Development and function of immune cells
- Blood glucose metabolism
- Growth and development
- Sperm and prostate function
- Antioxidant pathways

Your healthcare professional may have prescribed Zinc Drops for another reason.

Ask your healthcare professional if you have any questions concerning why Zinc Drops has been prescribed for you.

1a) What is zinc oxide?

Zinc oxide is the active ingredient in Zinc Drops. It is a source of zinc.

2. Things to know before taking Zinc Drops

2a) When must Zinc Drops not be taken?

Do not take Zinc Drops if you have an allergy to:

- Zinc or zinc-containing products
- Any of the ingredients listed in section 7b

If you are unsure whether you are allergic to these ingredients, please ask your healthcare professional.

Do not give Zinc Drops to children and adolescents under 18 years of age without advice from your healthcare professional.

Do not take Zinc Drops if the packaging is torn or shows signs of tampering.

Do not take Zinc Drops if the expiry date on the pack has passed.

2b) Before you start to take Zinc Drops

You must tell your healthcare professional if:

- You are allergic to any other medicines, foods, dyes or preservatives
- You are pregnant or planning to become pregnant
- You are breastfeeding or planning to breastfeed

If it is necessary for you to take Zinc Drops, your healthcare professional will discuss the risks and benefits of taking it during pregnancy.

If you have not told your healthcare professional about any of the above, tell them before you start taking Zinc Drops.

2c) Taking other medicines

Before taking Zinc Drops, tell your healthcare professional if you are taking any other medicines, including medicines that you buy without a prescription from a pharmacy, supermarket or health food store.

Some medicines may be affected by Zinc Drops or may affect how well Zinc Drops works. You may need to take different amounts of your medicines, or you may need to take different medicines.

Tell your healthcare professional if you are using any other medicines, including:

- Antibiotics

Your healthcare professional can tell you what to do if you are taking any of these medicines.

If you are unsure whether you are taking one of the above drugs, ask your healthcare professional.

3. Taking Zinc Drops

Follow all directions given to you by your health care professional carefully.

They may differ from the information contained in this leaflet.

3a) How much Zinc Drops should be taken?

For adults, the usual dose is five drops in water or juice, taken once daily.

For children and adolescents, the usual dose is five drops in water or juice, taken once daily. This may vary depending on the weight of the child.

Your healthcare professional will tell you the dose of Zinc Drops that you need to take each day. This depends on the condition being treated and whether any

other medicines are being used. Zinc may be dangerous when used in large amounts or for a long period. A daily dose of 50mg of zinc for adults should not be exceeded. The daily upper limit for children is as follows:

- 1-3 years: 7mg
- 4-8 years: 12mg
- 9-13 years: 25mg
- 14-18 years: 35mg

3b) How should Zinc Drops be taken?

Zinc Drops can be added to drinks or food, or taken from a drop on the back of the hand.

Shake bottle well and squeeze gently to release a drop of liquid.

3c) When should you take Zinc Drops?

It is best to take Zinc Drops with meals, unless otherwise advised by your healthcare professional.

3d) How long should you take Zinc Drops?

Take Zinc Drops for as long as your healthcare professional prescribes.

3e) If you forget to take Zinc Drops

Take your dose of Zinc Drops as soon as you remember, and then go back to taking Zinc Drops as you would normally.

If you are not sure what to do, check with your healthcare professional.

If you have trouble remembering when to take your medicine, ask your healthcare professional for some hints.

3f) If you have taken too much (overdose)

Visit your healthcare professional as soon as possible to have your zinc levels checked. Tell your healthcare professional how much Zinc Drops you took and when, so they can determine what action is the best for your health. Please visit your healthcare professional even if there are no signs of discomfort or poisoning.

4. While you are taking Zinc Drops

4a) Things you must do

If you become pregnant while taking Zinc Drops, tell your healthcare professional immediately.

If you are about to start taking a new medicine, tell your healthcare professional that you are taking Zinc Drops.

If you are planning to have surgery, including dental surgery, tell your doctor or dentist that you are taking Zinc Drops.

Always follow your healthcare professional's instructions carefully.

4b) Things you must not do

Do not put Zinc Drops in your eyes.

Do not put Zinc Drops onto skin that is cut or bleeding.

Zinc may be dangerous when used in large amounts or for a long period. A daily dose of 50mg of zinc for adults should not be exceeded. The daily upper limit for children is as follows:

- 1-3 years: 7mg
- 4-8 years: 12mg
- 9-13 years: 25mg
- 14-18 years: 35mg

5. Side effects

You should be aware that all medicines carry some risks and that all possible risks may not be known at this stage despite thorough testing.

Zinc Drops has a low risk for side effects when taken as directed.

In rare cases, Zinc Drops may cause nausea, vomiting and a metallic taste in the mouth.

If you experience any of the following symptoms after taking a dose of Zinc Drops, tell your healthcare professional. These symptoms may be from an allergic reaction:

- Difficulty breathing
- Swelling of the face and throat
- Skin rash
- Itching

Tell your healthcare professional if you notice any side effects.

Do not be alarmed by the possibility of side effects. You may not experience any of them.

If you have any questions, please ask your healthcare professional.

6. After taking Zinc Drops

6a) Storage

Keep Zinc Drops in its bottle until it is time to take it.

If you take the liquid out of the bottle, it may not keep well.

Always store Zinc Drops only in its original container.

Keep Zinc Drops in a cool, dry place where the temperature stays below 25°C. Do not freeze the product.

Keep Zinc Drops away from light or moisture. Do not store Zinc Drops or any other medicine in the bathroom or near a sink. Do not leave medicines in the car or on window sills.

Heat and dampness can destroy some medicines.

Keep your medicines where children cannot reach them.

A locked cupboard at least 1.5m above the ground is a good place to store medicines.

6b) Disposal

Your pharmacist or healthcare professional should be able to safely dispose of any unused Zinc Drops.

7. Product description

7a) What does Zinc Drops look like?

Zinc Drops is a vanilla-flavoured, creamy white liquid.

Zinc Drops is packed in a 50mL recyclable plastic bottle with a restriction flow meter in the bottle neck and a plastic safety seal over the cap. Each bottle is packed in a recyclable cardboard box.

Each 50mL bottle contains 2083 drops.

7b) Ingredients

Active ingredient:

Each 120mL dose (5 drops) contains 7.2mg of zinc oxide equivalent to 5.76mg of zinc.

Inactive ingredients:

- Natural vanilla flavour
- Glycerol
- Carmellose sodium
- Water
- Maltodextrin (corn)
- Enzymatically hydrolysed lecithin (soy)

Zinc Drops does not contain sucrose, gluten, tartrazine or any other azo dyes.

8. Translations

To read this information in other languages go to:
www.bioceuticals.com.au/translate

To read this information in Arabic go to:
www.bioceuticals.com.au/translate

To read this information in Greek go to:
www.bioceuticals.com.au/translate

To read this information in Italian go to:
www.bioceuticals.com.au/translate

To read this information in Mandarin go to:
www.bioceuticals.com.au/translate

To read this information in Vietnamese go to:
www.bioceuticals.com.au/translate

Distributor

Zinc Drops is supplied in Australia by:

BioCeuticals®

A division of FIT-BioCeuticals Limited

ABN 77 062 851 683

Unit 16/37-41 O'Riordan Street

Alexandria NSW 2015

Toll free number: 1300 650 455 (Australia)

Telephone: +61 2 9080 0900 (International)

Zinc Drops is supplied in New Zealand by:

FIT-BioCeuticals (NZ) Limited

14 Clemway Place

Unit G, Henderson

Auckland 0610

Toll free number: 0800 451 285

Australian List Number

- AUST L 198117

This leaflet was prepared in June 2012.

FIT-BioCeuticals Limited