

Elemental Iron 10mg + Folic Acid 200mcg + Vitamin B12 100mcg

Feryskol Drop

Elemental Iron 10mg + Folic Acid 200mcg + Vitamin B12 100mcg Drop

Composition:

Each 1 mL of the drop contains:

- Elemental Iron: 10 mg
- Folic Acid: 200 mcg
- Vitamin B12: 100 mcg

Pharmacological Class:

- Nutritional Supplement / Hematinic / Vitamin

Indications:

This product is used for the prevention and treatment of iron deficiency anemia, folate deficiency, and vitamin B12 deficiency. It is typically prescribed for:

- **Iron Deficiency Anemia:** Helps increase iron levels in the body, which is essential for the production of hemoglobin.
- **Folic Acid Deficiency:** Supports red blood cell production and helps prevent neural tube defects in pregnant women.
- **Vitamin B12 Deficiency:** Essential for nerve function, red blood cell production, and DNA synthesis.
- **Pregnancy & Lactation:** To support healthy fetal development, particularly in preventing neural tube defects and supporting iron and vitamin B12 levels.
- **General Health:** In individuals with dietary restrictions or those at risk of deficiencies (e.g., vegetarians, elderly, or individuals with malabsorption disorders).

Mechanism of Action:

- Elemental Iron is absorbed in the small intestine and incorporated into hemoglobin, the oxygen-carrying component of red blood cells. By increasing iron levels, it helps treat and prevent iron deficiency anemia.
- Folic Acid is crucial for DNA synthesis and red blood cell production. It supports the growth and function of cells, especially during

periods of rapid cell division, such as pregnancy and infancy.

- Vitamin B12 is involved in the production of red blood cells and maintains healthy nerve cells. It works with folic acid in the synthesis of DNA and helps in the proper functioning of the nervous system.

Dosage and Administration:

- **Adults and Children Over 12 Years:**
 - The typical dosage is 1-2 drops (equivalent to 10-20 mg of elemental iron, 200-400 mcg of folic acid, and 100-200 mcg of Vitamin B12) once daily or as directed by the healthcare provider.
- **Children (under 12 years):**
 - Dosage should be adjusted by a healthcare provider based on the child's specific needs, typically starting with 1 drop daily or as prescribed.
- The drops can be taken directly or diluted in a small amount of water, juice, or milk.
- For pregnant or breastfeeding women, the recommended dosage should be determined by a healthcare provider to ensure adequate supplementation for both mother and baby.

Contraindications:

- **Hypersensitivity** to any of the ingredients in the formulation.
- **Iron Overload:** Contraindicated in patients with conditions like hemochromatosis or hemosiderosis, where excess iron can be harmful.
- **Hemolytic Anemia:** If a person's anemia is caused by factors other than iron deficiency (such as hemolysis), this product should not be used unless advised by a healthcare provider.
- **Pregnancy (Iron or B12 excess):** While generally safe during pregnancy, excessive intake of iron or other components should be avoided without professional guidance.

Warnings and Precautions:

- **Iron Overload:** Excess iron in the body can cause serious health issues such as liver damage and heart problems. It's important to follow the prescribed dosage and avoid self-medicating with iron supplements.
- **Vitamin B12 Deficiency:** While supplementation of B12 is helpful in deficiency, it is important to determine the cause of the deficiency. If B12 deficiency is caused by malabsorption, additional treatments may be necessary.
- **Folic Acid:** Folic acid supplementation should be carefully monitored during pregnancy. While it is essential for preventing neural tube defects, excessive folic acid intake may mask symptoms of vitamin B12 deficiency.
- **Staining of Teeth:** Liquid iron supplements may cause temporary staining of teeth. To avoid this, take the drops with a straw or rinse the mouth after administration.

Side Effects:

- **Common Side Effects:**
 - Gastrointestinal upset (e.g., nausea, constipation, or diarrhea)
 - Darkened stools (this is normal with iron supplements)
 - Stomach cramps or discomfort
 - Mild skin reactions (e.g., rash)
- **Rare but Serious Side Effects:**
 - Allergic reactions such as itching, swelling, dizziness, or difficulty breathing. Discontinue use and seek medical help if these occur.
 - Iron toxicity, especially in children (this is a medical emergency; keep the product out of reach of children).
 - Severe gastrointestinal symptoms such as vomiting or abdominal pain, which may indicate an overdose or intolerance to the iron component.

Drug Interactions:

- **Iron:** Iron absorption may be reduced when taken with dairy products, antacids, or calcium supplements. Avoid taking iron with calcium-rich foods or medications at the same time.
- **Folic Acid:** Certain anticonvulsants, such as phenytoin, may reduce the effectiveness of folic acid supplements.

- **Vitamin B12:** High doses of Vitamin C can interfere with the absorption of Vitamin B12 when taken simultaneously.
- **Antacids or H2 Blockers:** These may reduce the absorption of iron.
- **Tetracycline Antibiotics:** Iron may reduce the absorption of these antibiotics, so it's recommended to space their administration by at least 2 hours.

Storage:

- Store the bottle tightly closed at room temperature (between 20°C to 25°C).
- Protect from direct sunlight and moisture.
- Keep out of reach of children to avoid accidental overdose.

Packaging:

- Available in glass or plastic bottles containing 30 mL or 60 mL of drops.

Manufacturer:

- [Manufacturer Name]

Note:

This product is a dietary supplement and should not be used as a replacement for a balanced diet. Always consult with a healthcare provider before starting any new supplement, especially during pregnancy, breastfeeding, or if you have underlying health conditions such as diabetes, liver disease, or gastrointestinal disorders. Regular monitoring of iron, folic acid, and vitamin B12 levels is advised to avoid overdosing and ensure the appropriate supplementation.

Manufactured in India for:

CafoliTM
L I F E C A R E

Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

Plot no.: 367-FF, Industrial Area Phase-I,

Panchkula-134113

TM: Trademark Applied for