

Ozink

Elemental Zinc

Composition

Ozink Syrup: Each 5 ml syrup contains Zinc Sulfate Monohydrate USP equivalent to 10 mg of elemental Zinc.

Pharmacology

Zinc is an essential trace mineral, which means that it must be obtained from the diet since the body cannot make enough. Next to iron, zinc is the most abundant trace mineral in the body. Stored primarily in muscle, zinc is also found in high concentrations in red and white blood cells, the retina of the eye, bones, skin, kidneys, liver, and pancreas. Some of the symptoms of zinc deficiency include loss of appetite, poor growth, weight loss, impaired taste or smell, poor wound healing, skin abnormalities (such as acne, atopic dermatitis and psoriasis), hair loss, night blindness, hypogonadism and delayed sexual maturation, white spots on the fingernails and feelings of depression.

Indication

Zinc is indicated for the treatment of diarrhea, zinc deficiency, immune deficiency, age related blindness, prevention of colds, maintenance of taste and smell, male potency and sex drive, infertility, prostate problem, hair loss, diabetes and rheumatoid arthritis.

Dose and Administration

Route of administration: Oral

In the treatment of Diarrhoea Zinc should be given as soon as diarrhoea starts.

For infants between 2 to 6 months of age: 10 mg Zinc once daily for 10-14 days.

For children between 6 months to 5 years of age: 20 mg Zinc once daily for 10-14 days.

For other indications The recommended dose for children is 2 to 2.5 mg/kg/day.

Children under 10 kg: 10 mg Zinc 2 times daily.

Children within 10 to 30 kg: 20 mg Zinc 1-3 times daily.

Adults and children over 30 kg body weight: 40 mg Zinc 1-3 times daily.

Contraindication

Zinc is contraindicated in patients who are hypersensitive to Zinc or any component of the product.

Warning & 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.

Side Effects

Common: Most of the supplements including Zinc are considered to be safe. However, few mild side effects such as nausea, vomiting, headache, drowsiness, gastric ulcer, metallic taste may be occurred.

Rare: Fever, chills, sore throat, sores in mouth, unusual tiredness, weakness.

Use in pregnancy & lactation

The patients should consult to the physician before using the preparation.

Use in children & adolescent

See the dosage guideline.

Drug Interaction

With Drug: Zinc may inhibit the absorption of concurrently administered tetracyclines; so when both are being given, an interval of at least 3 hours should be allowed. Similarly, concomitant administration of zinc and quinolone drug may also decrease the absorption of both. Concomitant intake of penicillamine and zinc may decrease absorption of zinc.

With Food & Others: Take this medication 1 hour before or 2 hours after meals. May be taken with food if it upsets your stomach. Best to swallow whole. Do not crush or chew. Avoid milk, bran, grains, or cereals within 2 hours of taking this medicine.

Overdose

Zinc Sulfate is corrosive in over dose. Symptoms are corrosion and inflammation of the mucous membrane of the mouth and stomach; ulceration of the stomach followed by perforation may occur. Gastric lavage and emesis should be avoided. Demulcents such as milk should be given. Chelating agents such as sodium edetate may be useful.

Storage

Store below 30° C temperature and cool and dry place, away from light. Keep out of the reach of children.

Packing

Ozink Syrup: Each bottle contains 100 ml of syrup and a measuring cup.