

# PRIME C CHEWABLE TABLET 250MG

Vitamin C (250mg)

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## What *Prime C* is used for

It is used for prevention and treatment of Vitamin C deficiency states and in conditions where supplementation may be necessary such as malnutrition, pregnancy, breast feeding, fever, stress, infection, burns, smoking, after surgery, overactive thyroid gland, and heavy manual labour.

## How *Prime C* works

Vitamin C is essential for the formation of collagen and body cell materials, and hence for the development of cartilage, bone, and teeth, and for the healing of wounds.

## Before you use *Prime C*

### - When you must not use it

Do not take *Prime C* if allergic to any ingredients in the tablets.

Ask your doctor or pharmacist for advice before taking any medicine.

### - Before you start to use it

Inform the doctor or pharmacist if you have history of renal stones, high level of oxalic acid in urine or deposition of oxalic acid in the body.

### - Taking other medicines

Tell your doctor if you are taking any other medicines, including any that you buy without a prescription from a pharmacy, supermarket or health food shop. Concurrent use with salicylates (pain relief), barbiturates (sedative) and primidone (anticonvulsant) may increase urinary excretion of ascorbic acid.

## How to use *Prime C*

### - How much to use

Adults: dietary supplement: oral, 200 – 250mg a day. treatment of deficiency: oral, 250 – 300mg one to three times a day, or as directed. Children: oral, 100-200mg a day, or as directed.

Follow all directions given by your doctor and pharmacist carefully. They may differ from the information contained in this

leaflet. If you do not understand the instructions on the label, ask your doctor or pharmacist for help.

### - When to use it

Use as directed by your doctor or pharmacist.

### - How long to use it

Continue taking *Prime C* for as long as your doctor recommends.

### - If you forget to use it

Consult your doctor or pharmacist on what you should do if you forget to use it.

Take the missed dose as soon as you remember. If it is almost time for your next dose, wait until then to take the medicine and skip the missed dose. Do not take a double dose to make up for the missed dose.

### - If you use too much (overdose)

Contact your doctor immediately or go to the Emergency Department of your nearest hospital, if you think you or anyone else may have taken too much of this medicine. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

## While you are using *Prime C*

### - Things you must do

Take your medicine exactly as your doctor has told you.

Tell all the doctors, dentists and pharmacists treating you that you are taking *Prime C*.

Tell your doctor immediately if you become pregnant while taking this medication.

### - Things you must not do

Do not stop taking the medicine unless advised by your doctor.

Do not take any new medicines without consulting your doctor or pharmacist.

Do not give *Prime C* to anyone else, even if they have the same symptoms or condition as you.

### - Things to be careful of

Large doses are not recommended without doctor's advice.

## Side effects

Generally, *Prime C* is well tolerated.

However, visit your doctor or pharmacist immediately if you experience any side effects after taking this medicine.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by calling Tel: 03-78835550, or visiting the website [npra.moh.gov.my](http://npra.moh.gov.my) (Public → Reporting Medicinal Problems / Side Effects / AEFI / Vaccine Safety).

## Storage and Disposal of *Prime C*

### - Storage

Store in cool, dry place below 25°C. Protect from light.

Keep out of reach and sight of children.

### - Disposal

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

## Product description

### - What it looks like

Orange, round, top-scored orange flavoured chewable tablet.

### - Ingredients

- Active ingredients: ascorbic acid.

- Inactive ingredients: lactose monohydrate, gelatin, sunset yellow lake, aspartame, mannitol, orange flavour, magnesium stearate.

### - MAL numbers:

MAL19912119XZ

## Manufacturer and Product Registration Holder

Prime Pharmaceutical Sdn. Bhd.  
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14000 Bukit Mertajam, Penang, Malaysia.

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