

# **ASCORBIC ACID (as SODIUM ASCORBATE)**

## **GEN-CEE®**

500 mg Capsule  
**VITAMIN**

### **PATIENT INFORMATION LEAFLET**

#### **NAME OF THE PRODUCT:**

GEN-CEE

#### **STRENGTH OF THE MEDICINE:**

Ascorbic Acid 500 mg (equivalent to 562.50 mg Sodium Ascorbate) Capsule.

#### **DESCRIPTION OF THE PRODUCT:**

This product is a yellowish to yellowish-brown crystalline powder contained in an yellow/yellow #0 capsule.

#### **WHAT IS IN THE MEDICINE?**

Each capsule contains 500 mg Ascorbic Acid (equivalent to 562.50 mg Sodium Ascorbate)

#### **WHAT IS THIS MEDICINE USED FOR?**

- Immunity enhancer / immune booster (increase body resistance to stress and infections).
- Anti-oxidant.
- For treatment and prevention of Vitamin C deficiency (scurvy).
- Necessary in the formation and maintenance of collagen and intercellular material of blood vessels, cartilages, teeth and bones.

#### **HOW MUCH AND HOW OFTEN SHOULD YOU USE THIS MEDICINE?**

Orally, one capsule once a day or as prescribed by a physician.

#### **WHEN SHOULD YOU NOT TAKE THIS MEDICINE?**

If you are allergic to any component of the product.

#### **CARE THAT SHOULD BE TAKEN WHEN TAKING THIS MEDICINE:**

- Ask the doctor before use if you are on a sodium restricted diet.
- Do not take more than the recommended dose.
- Do not use after the expiry date on the label.

#### **UNDESIRABLE EFFECTS:**

Vitamin C is usually well tolerated. However, nausea, vomiting, heartburn, abdominal cramps, fatigue, flushing, insomnia and sleepiness have been reported with high doses of Vitamin C, particularly Ascorbic Acid (i.e., 1 g or more daily).

It has been stated that large doses may result in hyperoxaluria and the formation of renal calcium oxalate calculi, ascorbic acid should therefore be given with care to patients with hyperoxaluria.

**WHAT OTHER MEDICINE OR FOOD SHOULD BE AVOIDED WHILE TAKING THIS MEDICINE?**

Ascorbic acid may increase the absorption of iron in iron-deficiency states. Omeprazole may affect the bioavailability of dietary Vitamin C.

**WHAT SHOULD YOU DO IF YOU MISSED A DOSE?**

Take the missed dose as soon as you remember. Skip the missed dose if it is almost time for your next scheduled dose. Do not take extra medicine to make up the missed dose.

**SIGNS AND SYMPTOMS OF OVERDOSE:**

Prolonged intake of Vitamin C in excess of 2 g/day may lead to nausea, abdominal cramps, diarrhea and nose bleeds.

**WHAT TO DO WHEN YOU HAVE TAKEN MORE THAN THE RECOMMENDED DOSAGE?**

If you take more than the recommended dosage, consult a doctor.

**HOW SHOULD YOU KEEP THIS MEDICINE?**

Store at temperatures not exceeding 30°C.

Keep out of reach of children.

Avoid exposure to direct sunlight.

**WHEN SHOULD YOU CONSULT YOUR DOCTOR?**

If any undesirable effect occurs.

**AVAILABILITY:**

Blister foil-white PVDC Blister pack x 10's (Box of 100's).

**ADR REPORTING STATEMENT:**

- For suspected adverse drug reaction, report to the FDA: [www.fda.gov.ph](http://www.fda.gov.ph)
- Patient should seek medical attention immediately at the first sign of any adverse drug reaction.

**DATE OF FIRST AUTHORIZATION:**

May 16, 2011

**DATE OF RENEWAL OF AUTHORIZATION:**

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**DATE OF REVISION:**

March 2022

**REGISTRATION NUMBER:**

DR-XY47294

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