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Zavara 5,750 Unit-1 Mg Capsule Folic Acid

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Description

Side Effects This medication usually has very few side effects. If you have any unusual effects, tell your doctor or pharmacist promptly. Remember that this medication has been prescribed because your doctor has judged that the benefit to you is greater than the risk of side effects. Many people using this medication do not have serious side effects. Too much vitamin D can cause harmful high calcium levels. Tell your doctor right away if any of these signs of high vitamin D/calcium levels occur: nausea/vomiting, constipation, loss of appetite, increased thirst, increased urination, mental/mood changes, unusual tiredness. A very serious allergic reaction to this drug is rare. However, get medical help right away if you notice any symptoms of a serious allergic reaction, including: rash, itching/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing. This is not a complete list of possible side effects. If you notice other effects not listed above, contact your doctor or pharmacist. In the US – Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088 or at www.fda.gov/medwatch. In Canada – Call your doctor for medical advice about side effects. You may report side effects to Health Canada at 1-866-234-2345. **Uses** This medication contains 2 ingredients: vitamin D and folic acid. Vitamin D is a fat-soluble vitamin that helps your body absorb calcium and phosphorus. Having the right amount of vitamin D, calcium, and phosphorus is important for building and keeping strong bones. Vitamin D is made by the body when skin is exposed to sunlight. Sunscreen, protective clothing, limited exposure to sunlight, dark skin, and age may prevent getting enough vitamin D from the sun. Folic acid is the man-made form of folate. Folate is a B vitamin naturally found in some foods. It is needed to form healthy cells, especially red blood cells. Low folate levels can lead to certain types of anemia. Conditions that can cause low folate levels include poor diet, pregnancy, alcoholism, liver disease, certain stomach/intestinal problems, kidney dialysis, among others. Women of childbearing age should get enough folic acid through their diet or supplements to prevent infant spinal cord birth defects. **How to use Zavara 5,750 Unit-1 Mg Capsule Folic Acid** Take vitamin D/folic acid by mouth with or without food as directed by your doctor, usually once daily. The dosage is based on your medical condition and response to treatment. Certain medications (bile acid sequestrants such as cholestyramine/colestipol, mineral oil, orlistat) can decrease the absorption of vitamin D. Take your doses of these medications as far as possible from your doses of vitamin D/folic acid (at least 2 hours apart, longer if possible). Take this medication regularly to get the most benefit from it. To help you remember, take it at the same time each day. Tell your doctor if your condition lasts or gets worse. **Precautions** Before taking this medication, tell your doctor or pharmacist if you are allergic to vitamin D or folic acid; or to other vitamin D

products (such as calcitriol); or if you have any other allergies. This product may contain inactive ingredients, which can cause allergic reactions or other problems. Talk to your pharmacist for more details. Before using this medication, tell your doctor or pharmacist your medical history, especially of: high calcium/vitamin D levels (hypercalcemia/hypervitaminosis D), difficulty absorbing nutrition from food (malabsorption syndrome), kidney disease, liver disease, vitamin B-12 deficiency (pernicious anemia), thyroid disease. Before having surgery, tell your doctor or dentist about all the products you use (including prescription drugs, nonprescription drugs, and herbal products). During pregnancy, doses of vitamin D greater than the recommended dietary allowance should be used only when clearly needed. Folic acid is safe to take during pregnancy when used as directed. Discuss the risks and benefits with your doctor. This medication passes into breast milk. Consult your doctor before breast-feeding. Overdose If someone has overdosed and has serious symptoms such as passing out or trouble breathing, call 911. Otherwise, call a poison control center right away. US residents can call their local poison control center at 1-800-222-1222. Canada residents can call a provincial poison control center. Do not share this medication with others. Lab and/or medical tests (such as calcium/magnesium/phosphorus levels, complete blood count, folate/vitamin B-12 levels) may be done while you are taking this medication. Keep all medical and lab appointments. Foods rich in vitamin D include: fortified dairy products, eggs, sardines, cod liver oil, chicken livers, and fatty fish. Folate is naturally found in leafy green vegetables, organ meats (liver, kidney), citrus fruits, and other foods. Folic acid is added to enriched grain products such as bread, pasta, and cereal. If you miss a dose, take it as soon as you remember. If it is near the time of the next dose, skip the missed dose. Take your next dose at the regular time. Do not double the dose to catch up. Store at room temperature away from light and moisture. Do not store in the bathroom. Keep all medications away from children and pets. Do not flush medications down the toilet or pour them into a drain unless instructed to do so. Properly discard this product when it is expired or no longer needed. Consult your pharmacist or local waste disposal company. Interactions Drug interactions may change how your medications work or increase your risk for serious side effects. This document does not contain all possible drug interactions. Keep a list of all the products you use (including prescription/nonprescription drugs and herbal products) and share it with your doctor and pharmacist. Do not start, stop, or change the dosage of any medicines without your doctor's approval. Some products that may interact with this drug are: phosphate binders. Vitamin D is very similar to calcitriol. Do not use medications containing calcitriol while taking vitamin D/folic acid. This medication may interfere with certain lab tests (such as cholesterol tests), possibly causing false test results. Make sure lab personnel and all your doctors know you use this drug.

Side Effects

Uses

Interactions

Other Details
