

Feryskol XT Tablet

Ferrous Ascorbate 100mg + Folic Acid 1.5mg Tablet Information

Composition

Each tablet contains:

- **Ferrous Ascorbate: 100 mg (Equivalent to elemental iron)**
 - **Folic Acid: 1.5 mg**
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Therapeutic Class

Iron Supplement

Indications

This combination is indicated for:

- **Treatment and prevention of iron deficiency anemia.**
 - **Anemia during pregnancy and lactation.**
 - **Nutritional anemia, especially in children, adolescents, and women of childbearing age.**
 - **Supporting fetal development by preventing folic acid deficiency during pregnancy.**
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Mechanism of Action

- **Ferrous Ascorbate: Combines iron with ascorbic acid (Vitamin C), enhancing iron absorption in the gastrointestinal tract and reducing gastrointestinal side effects associated with iron therapy. It replenishes iron stores in the body,**

which are essential for hemoglobin synthesis and oxygen transport.

- **Folic Acid: A key vitamin for DNA synthesis, red blood cell production, and neural tube development during pregnancy.**
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Dosage and Administration

- **Adults: One tablet daily, preferably after meals, or as directed by a healthcare professional.**
 - **Pregnant Women: Dosage may vary based on individual requirements; consult a doctor.**
 - **Children: Use under medical supervision.**
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Contraindications

- **Hypersensitivity to any component of the formulation.**
 - **Conditions such as hemochromatosis, hemosiderosis, or any iron overload disorder.**
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Precautions

- **Use with caution in patients with peptic ulcer disease or other gastrointestinal disorders.**
- **Excessive iron supplementation can cause toxicity.**
- **Monitor serum iron and ferritin levels in prolonged therapy.**
- **Pregnant and breastfeeding women should consult a healthcare provider before use.**

Side Effects

Common side effects include:

- Nausea, vomiting, or epigastric discomfort.
- Dark stools (harmless).
- Constipation or diarrhea.

Rare but severe side effects may include:

- Allergic reactions (rash, itching, swelling).
- Iron overload symptoms such as joint pain or fatigue in prolonged use without monitoring.

Drug Interactions

- Avoid concurrent use with antacids, calcium, or dairy products as they may reduce iron absorption.
- Folic acid may mask the symptoms of vitamin B12 deficiency.
- Iron supplements can interfere with the absorption of certain antibiotics (e.g., tetracyclines and fluoroquinolones).

Storage Instructions

- Store at a temperature of 15-25°C in a dry place.
- Keep away from direct sunlight and moisture.
- Keep out of reach of children.

Additional Notes

- For best results, take this supplement regularly and follow your doctor's advice.
- Avoid consuming tea, coffee, or high-fiber foods within 2 hours of taking the

tablet, as these may interfere with iron absorption.

- Seek medical attention in case of overdose, as iron toxicity can be life-threatening.

This tablet is a supportive therapy and does not replace a balanced diet. Always follow your healthcare provider's recommendations.

Manufactured in India for:

CafoliTM
L I F E C A R E

Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

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