

Feryskol Z Capsule

**Carbonyl Iron 100mg + Folic Acid 1.5mg +
Zinc Sulphate 61.8mg + Vitamin C 75mg +
Cyanocobalamin 15mcg Capsule**

This combination capsule is formulated to address iron deficiency anemia and support overall immune health, with added benefits for energy production, red blood cell formation, and general well-being. It is particularly useful for individuals with increased nutritional needs, such as pregnant women, growing children, or those with poor dietary intake.

Composition (per capsule):

- **Carbonyl Iron 100mg**
- **Folic Acid 1.5mg**
- **Zinc Sulphate 61.8mg**
- **Vitamin C 75mg**
- **Cyanocobalamin (Vitamin B12) 15mcg**

Uses:

- 1. Iron Deficiency Anemia:**
 - **Helps in replenishing iron stores and improving red blood cell production.**
- 2. Pregnancy Support:**
 - **Supports maternal health, particularly for iron and folic acid requirements during pregnancy.**
- 3. Immune Function:**
 - **Vitamin C and Zinc enhance the immune system, helping in disease prevention.**
- 4. Blood Health:**
 - **Folic acid and Vitamin B12 contribute to normal blood cell formation and prevent anemia.**
- 5. General Health & Vitality:**

- **Promotes overall health, energy levels, and optimal functioning of various body systems.**

Mechanism of Action:

- **Carbonyl Iron:** Provides a form of iron that is absorbed more gradually to minimize gastrointestinal irritation, aiding in the production of hemoglobin and red blood cells.
- **Folic Acid:** Essential for the production and maturation of red blood cells, and helps prevent neural tube defects in pregnancy.
- **Zinc Sulphate:** Supports immune function, wound healing, and cell division.
- **Vitamin C:** Enhances iron absorption and supports immune health, collagen synthesis, and antioxidant defense.
- **Cyanocobalamin (Vitamin B12):** Essential for normal red blood cell production, nerve function, and DNA synthesis.

Dosage & Administration:

- **Adults and Children over 12 years:** 1 capsule daily, preferably with food to improve absorption and minimize stomach upset.
 - **Pregnancy and Lactation:** Use as directed by a healthcare provider, as iron and folic acid requirements are increased during pregnancy and breastfeeding.
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Side Effects:

- **Common:**
 - Mild gastrointestinal discomfort, such as nausea, bloating, or constipation.
- **Rare (serious):**
 - Allergic reactions (rash, itching, swelling) or signs of overdose, particularly iron toxicity (such as abdominal pain, dark stools, and vomiting).

- **Other Vitamin or Mineral Supplements:** High doses of calcium or magnesium can affect the absorption of iron and zinc.

Precautions:

1. **Iron Overload:**
 - Do not take more than the recommended dose, as excessive iron intake can be harmful, especially in individuals with conditions like hemochromatosis.
2. **Pregnancy and Lactation:**
 - Folic acid and Vitamin B12 are essential during pregnancy, but dosage should be monitored by a healthcare provider.
3. **Kidney or Liver Disease:**
 - Use cautiously in individuals with kidney or liver problems.
4. **Drug Interactions:**
 - Iron can interfere with the absorption of certain medications (such as antibiotics and thyroid medications). Take this supplement 2 hours before or after other medications.

Storage:

- Store in a cool, dry place below 30°C.
- Keep the capsule tightly closed and out of reach of children.
- Protect from moisture and direct sunlight.

Note: This supplement should be used under the guidance of a healthcare provider, especially in individuals with pre-existing medical conditions. If symptoms persist or signs of overdose appear, seek medical attention immediately.

Manufactured in India for:

CafoliTM
L I F E C A R E

Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

Plot no.: 367-FF, Industrial Area Phase-I,

Panchkula-134113

TM: Trademark Applied for

Drug Interactions:

- **Antacids:** May reduce iron absorption if taken simultaneously.
- **Antibiotics (e.g., tetracycline):** Iron may decrease the absorption of some antibiotics.