

HAEMO CAPSULE 100mg

Consumer Patient Information Leaflet

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(a) Name of Product
HAEMO CAPSULE 100mg

(b) Description of Product
Maroon opaque coloured cap and Maroon opaque coloured body, size '1' non-brittle hard gelatin capsule containing brown coloured granular powder.

(c) What is the medicine?
Each capsule contains Iron (III) Hydroxide Polymaltose Complex equivalent to elemental iron 100mg

(d) What is this medicine used for?
Treatment of iron deficiency.
Prevention of iron deficiency during pregnancy.

(e) How much and how often should you use this medicine?
Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist have told you. Check with your doctor or pharmacist if you are not sure.
The recommended dose
●Treatment of iron deficiency with reduced number of red blood cells in children over 12 years and adults
1 to 3 capsules once daily or divided into separate doses for about 3 to 5 months
After normalization of the red blood pigment (haemoglobin) value, continue with 1 capsule once daily for several weeks. This will replenish the iron stores.
●Treatment of iron deficiency with reduced number of red blood cells in pregnancy
2 to 3 capsules once daily or divided into separate dose
After normalization of the red blood pigment value, continue with 1 tablet once daily until, at least, the end of pregnancy. This will replenish the iron stores and provide the increased amount of iron required during pregnancy.
●Treatment of iron deficiency with normal number of red blood cells in children over 12 years, adults and pregnancy, and prevention of iron deficiency in pregnancy
1 tablet once daily for 1 to 2 months

Method of use:
The daily dose can be divided into separate doses or can be taken at once. Take medicine during or immediately after a meal. HAEMO capsule 100mg should be swallowed whole.

Duration of use:
This depends upon the degree of iron deficiency.
If you stop taking HAEMO capsule 100mg:
Do not discontinue sooner than recommended as this may

reduce the success of therapy.
If you have any further questions on the use of this medicine, ask your doctor or pharmacist

(f) When should you not take this medicine?
Do not take HAEMO capsule 100mg, if you are/have
●allergic to iron(III)-hydroxide polymaltose complex or any of the other ingredients of HAEMO capsule 100mg
●an iron overload in the body
●disturbed use of iron by the body
●reduced number of red blood cells (anaemia), not caused by iron deficiency, such as due to
- increased red blood cell breakdown
- vitamin B12 deficiency
Talk to your doctor or pharmacist before taking medicine if you have
●an infection or tumour

(g) Undesirable effects/side effects
Like all medicines, this medicine can cause side effects, although not everybody gets them.
Side effects can occur with the following frequency:
Very common, may affect more than 1 in 10 people
●discoloured stool.
Common, may affect up to 1 in 10 people
●diarrhoea
●nausea
●constipation
●Stomach ache
Uncommon, may affect up to 1 in 100 people
●vomiting
●inflammation of the stomach (gastritis)
●hives
●reddening of the skin (erythema)
●tooth discolouration
●skin rash
●itching
●headache
Rare, may affect up to 1 in 1000 people
●cramps
●muscle pain (myalgia)
These side effects are usually temporary.
If you get any side effects, talk to your doctor or pharmacist. This includes any side effects not listed in this leaflet.
By reporting side affects you can help provide more information on the safety of this medicine.

(h) What other medicine or food should be avoided whilst taking this medicine?
Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines.
The following medicines can affect
(i) injectable iron medicines
(ii) Additional injectable iron medicines are not recommended.

(i) What should you do if you miss a dose?
Just take the next dose at the usual time. Do not take a double dose to compensate the forgotten dose.
(j) Care that should be taken when taking this medicine?
Treatment with this medicine may cause dark discolouration of the stools but this is harmless.
Children 12 years and younger:
Haemo capsule 100mg is not recommended for this age group.
Pregnancy and breast-feeding:

Based on the available data, negative influence on the foetus or the woman during pregnancy or breast-feeding is unlikely. However, as a precaution: If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby ask your doctor or pharmacist for advice before taking this medicine.
Driving and using machines:
Haemo capsule 100mg has no or negligible influence on the ability to drive and use machines.

(k) What to do when you have taken more than the recommended dosage?
Contact your doctor or pharmacist if this occurs.

(l) How to store HAEMO Capsule 100mg
Store at temperatures not exceeding 30°C.
Keep this medicine out of the sight and reach of children

(m) Contents of the pack and further information
Each capsule contains Iron (III) Hydroxide Polymaltose Complex equivalent to elemental iron 100mg
The other ingredients are Lactose monohydrate, Purified Talc, Colloidal Anhydrous Silica, Sodium Starch Glycolate, Magnesium Stearate & Capsule shell

(n) Ingredients of capsule shell
Cap: Titanium dioxide, Carmoisine, Sunset Yellow FCF, Patent Blue V, Gelatin & Purified Water
Body: Titanium dioxide, Carmoisine, Sunset Yellow FCF, Patent Blue V, Gelatin & Purified Water

Available in
PVDC/PVC/Al blister pack 10's (Box of 10 x10's).

Manufactured by:
XL LABORATORIES PRIVATE LIMITED
E-1223, Phase-I Extn, (Ghatal) RIICO
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A Product of:



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