

**PATIENT PACKAGE INSERT
IN ACCORDANCE WITH THE
PHARMACISTS' REGULATIONS
(PREPARATIONS) – 1986**

The medicine is dispensed without a doctor's prescription

FOLIC ACID 5 mg Tablets

The active ingredient and its quantity:

Each tablet contains:

Folic Acid 5 mg.

For a list of the inactive ingredients, please see section 6.

Read this leaflet carefully in its entirety before using the medicine. This leaflet contains concise information about the medicine. If you have further questions, refer to the doctor or pharmacist.

You must swallow the medicine correctly. Consult the pharmacist if you need further information.

1. WHAT IS THE MEDICINE INTENDED FOR?

The medicine is intended for folic acid deficiency.

Therapeutic group:

Folic acid and its derivatives.

2. BEFORE USING THE MEDICINE:

Do not use the medicine if:

- you are sensitive (allergic) to the active ingredient (folic acid) or to any other ingredients of the medicine.

Special warnings regarding use of the medicine

- Do not use this medicine frequently or for a prolonged period without consulting the doctor.
- This dosage is not suitable for daily administration at the age of fertility.

Before treatment with Folic Acid 5 mg Tablets tell the doctor if:

- you are suffering, or have suffered in the past, from different kinds of anemia.
- you are sensitive to any kind of food

or medicine; you should notify the doctor before taking the medicine.

- you are pregnant or breastfeeding, or are planning to become pregnant or breastfeed soon.
- you have cancerous tumors.

Pregnancy and breastfeeding

If you are pregnant or breastfeeding consult the doctor before using the medicine.

If you are taking, or if you have recently taken, other medicines, including non-prescription medicines and nutritional supplements, tell the doctor or pharmacist. You should especially inform the doctor or pharmacist if you are taking:

- contraceptive pills
- pyrimethamine
- anticonvulsants (phenytoin, primidone, carbamazepine, phenobarbital) – their concentration in the blood must be checked and if necessary the dosage should be altered
- estrogens
- methotrexate
- certain type of antibiotics – trimeterene, trimethoprim
- sulphonamides (sulphasalazine)
- fluorouracil – for treatment of cancer
- preparations for gastrointestinal relief – antacids containing aluminum or magnesium
- preparations containing zinc (such as vitamins or nutritional supplements)

Important information regarding some of the ingredients of the medicine

The preparation contains lactose and may harm people sensitive to lactose.

3. HOW SHOULD YOU USE THE MEDICINE?

- You should check with the doctor or pharmacist if you are uncertain.

The usual dosage is generally:
1 tablet daily.

Do not exceed the recommended dose.

Do not chew! Swallow the medicine with water. The tablets can be crushed before use.

Attention: Allow a lapse of at least two hours between taking this medicine and taking antacids containing aluminum.

If you took an overdose or if a child has accidentally swallowed the medicine, immediately refer to a doctor or proceed to a hospital emergency room and bring the package of the medicine with you.

If you forget to take this medicine at the required time, take the dose as soon as you remember. Do not take two doses together.

Even if there is an improvement in your health, do not discontinue treatment with the medicine without consulting the doctor or pharmacist.

- Do not take medicines in the dark! Check the label and the dose each time you take medicine. Wear glasses if you need them.

If you have further questions regarding use of the medicine, consult the doctor or pharmacist.

4. SIDE EFFECTS:

As with any medicine, use of Folic Acid 5 mg Tablets may cause side effects in some users. Do not be alarmed when reading the list of side effects. You may not suffer from any of them.

Stop treatment and refer to the doctor immediately if one or more of the following effects occur:

- you suffer from fever
- shortness of breath and chest tightness
- reddening of the skin
- nausea and discomfort
- skin rash
- skin itching or stinging

Additional side effects

- lack of appetite
- flatulence
- sensation of abdominal bloating
- large doses can cause yellowing of the urine

If one of the side effects worsens or if you suffer from a side effect not mentioned in the leaflet, you should consult with the doctor.

5. HOW SHOULD THE MEDICINE BE STORED?

- Avoid poisoning! This medicine and any other medicine must be kept in a safe place out of the reach and sight of children and/or infants to avoid poisoning. Do not induce vomiting unless explicitly instructed to do so by a doctor!
- Do not use the medicine after the expiry date (exp. date) that appears on the package. The expiry date refers to the last day of that month.
- Store at a temperature up to 25°C.
- Do not discard medicines in wastewater or garbage. Ask the pharmacist how to dispose of medicines that are not in use. These measures will help preserve the environment.

6. FURTHER INFORMATION:

In addition to the active ingredient, the medicine also contains:

Microcrystalline Cellulose, Sodium Starch Glycolate, Magnesium Stearate, Colloidal Silicon Dioxide, Lactose, Amylum, Talc.
Each tablet contains approx. 31 mg lactose.

What the medicine looks like and the contents of the package:

Small yellowish tablets in a blister pack. The medicine packs contain 30 tablets.

Manufacturer, license holder and address:
Sam-On Ltd., 25 Haavoda St., Bat-Yam.

Registration number of the medicine in the National Drug Registry of the Ministry of Health: 58-92-27313

This leaflet was checked and approved by the Ministry of Health in May 2014.