

SCHEDULING STATUS S1

Be-Tabs Folic Acid 5 mg Tablets

Folic Acid

Contains sugar: Lactose monohydrate 52,4 mg per tablet

Read all of this leaflet carefully because it contains important information for you

BE-TABS FOLIC ACID 5 mg TABLETS is available without a doctor's prescription, for you to treat a mild illness. Nevertheless, you still need to use BE-TABS FOLIC ACID 5 mg TABLETS carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share BE-TABS FOLIC ACID 5 mg TABLETS with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve.

What is in this leaflet

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2. What you need to know before you take BE-TABS FOLIC ACID 5 mg TABLETS
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1. What BE-TABS FOLIC ACID 5 mg TABLETS is and what it is used for

The name of your medicine is BE-TABS FOLIC ACID 5 mg TABLETS. It contains folic acid which belongs to a group of vitamins called 'B vitamins'. BE-TABS FOLIC ACID 5 mg TABLETS are used to treat anaemia.

2. What you need to know before you take BE-TABS FOLIC ACID 5 mg TABLETS

Do not take BE-TABS FOLIC ACID 5 mg TABLETS :

- if you are hypersensitive (allergic) to prednisone or any other ingredients of BE-TABS FOLIC ACID 5 mg TABLETS (listed in section 6)
- if you have pernicious anaemia. BE-TABS FOLIC ACID 5 mg TABLETS should not be used as the only treatment of pernicious anaemia, since it will not prevent degeneration of the spinal cord (sub-acute combined degeneration of the spinal cord).

Warnings and precautions

Take special care with BE-TABS FOLIC ACID 5 mg TABLETS :

- if you are having treatment for pernicious anaemia (the production of red blood cells is affected) caused by vitamin B₁₂ deficiency. You will need to take other medicines in combination with BE-TABS FOLIC ACID 5 mg TABLETS to treat this condition.

Other medicines and BE-TABS FOLIC ACID 5 mg TABLETS

Always tell your health care provider if you are taking any other medicine. (This includes all complementary or traditional medicines.)

- antiepileptics (to treat epilepsy) such as phenytoin, phenobarbital, primidone, sodium valproate and carbamazepine
- antibacterials (to treat infections) such as trimethoprim, chloramphenicol and co-trimoxazole
- sulfasalazine (to treat ulcerative colitis, Crohn's disease or rheumatoid arthritis)
- methotrexate (to treat Crohn's disease, psoriasis or rheumatoid arthritis)
- lithium for mental health problems
- triamterene, a diuretic (or 'water tablet')
- a gas and air mixture to put you to sleep for an operation or to relieve pain while you are awake
- alcohol

- aspirin for pain relief or to thin your blood.

BE-TABS FOLIC ACID 5 mg TABLETS with food and drink

The use of BE-TABS FOLIC ACID 5 mg TABLETS with food and drink has not been established.

Pregnancy, breast-feeding and fertility

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other health care provider for advice before taking this medicine.

Driving and using machines

BE-TABS FOLIC ACID 5 mg TABLETS are not likely to affect you being able to drive or use any tools or machines.

BE-TABS FOLIC ACID 5 mg TABLETS contains lactose monohydrate:

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

3. How to take BE-TABS FOLIC ACID 5 mg TABLETS

Do not share medicines prescribed for you with any other person.

Always take E-TABS FOLIC ACID 5 mg TABLETS 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 usual dose is 400 mcg for adults and adolescents.

In the treatment of megaloblastic anaemia, folic acid may be given by mouth in an initial dose of 10 to 20 mg daily for 14 days; the maintenance dose is 2,5 to 10 mg.

In the prophylaxis of megaloblastic anaemia of pregnancy, the usual dose is 200 to 500 mcg daily

If you have the impression that the effect of BE-TABS FOLIC ACID 5 mg TABLETS is too strong or too weak, tell your doctor or pharmacist.

If you take more BE-TABS FOLIC ACID 5 mg TABLETS than you should

In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre.

If you forget to take BE-TABS FOLIC ACID 5 mg TABLETS

If you forget to take a dose take it as soon as you remember it and then take the next dose at the right time.

Do not take a double dose to make up for a forgotten dose.

4. Possible side effects

BE-TABS FOLIC ACID 5 mg TABLETS can have side effects.

Not all side effects reported for BE-TABS FOLIC ACID 5 mg TABLETS are included in this leaflet.

Should your general health worsen or if you experience any untoward effects while taking BE-TABS FOLIC ACID 5 mg TABLETS, please consult your health care provider for advice.

If any of the following happens, stop taking BE-TABS FOLIC ACID 5 mg TABLETS and tell your doctor immediately or go to the casualty department at your nearest hospital:

- An allergic reaction may include: Any kind of skin rash, flaking skin, boils or sore lips and mouth

- In rare cases, severe allergic reaction (anaphylactic shock) may occur which may include sudden itching of the skin, wheezing, fluttering or tightness of the chest, or collapse.

These are a very serious side effects. If you have them, you may have had a serious allergic reaction to **BE-TABS FOLIC ACID 5 mg TABLETS**. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

Less frequent side effects:

- loss of appetite,
- feeling sick (nausea),
- flatulence or wind,
- a bloated feeling,
- upset stomach.

Reporting of side effects

If you get side effects, talk to your doctor, pharmacist or nurse. You can also report side effects to SAHPRA via the “**6.04 Adverse Drug Reaction Reporting Form**”, found online under SAHPRA’s publications: <https://www.sahpra.org.za/Publications/Index/8> . By reporting side effects, you can help provide more information on the safety of BE-TABS FOLIC ACID 5 mg TABLETS.

5. How to store BE-TABS FOLIC ACID 5 mg TABLETS

Store in a cool, dry place, at or below 25 °C and protect from light.

Store all medicines out of reach of children.

Store in the original package.

Do not use after the expiry date stated on the label.

Return all unused medicine to your pharmacist.

Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

6. Contents of the pack and other information

What BE-TABS FOLIC ACID 5 mg TABLETS contains

- The active ingredient is folic acid.
- The other ingredients are lactose monohydrate, magnesium stearate, microcrystalline cellulose and starch maize.

What BE-TABS FOLIC ACID 5 mg TABLETS looks like and contents of the pack

Yellow – orange tablet, 5,5mm in diameter with a score mark on the one side.

Contents of the pack:

In bottles of 28, 100, 500, 1000, 5000 and 10 000 tablets. Patient ready packs of different pack sizes.

Holder of Certificate of Registration

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This leaflet was last revised in

21 October 2022

Registration numbers

T1205 (Act 101 / 1965) (S.A.)

S2 BOT 0500769 (Botswana Reg. No.) (1000's and 5000's)