

Fast Acting Iron Ferfer®

Food Supplement

SUPPLEMENT FACTS

Each 1.5 g sachet contains:
Iron 14 mg (as iron pyrophosphate)
Vitamin C 80 mg
Vitamin B12 2.5 mcg
(PharmEvo Specs.)

DESCRIPTION

Ferfer is a food supplement containing iron pyrophosphate microencapsulated in liposomal form with essential vitamins including Vitamin C and Vitamin B12. Ferfer directly dissolves in the mouth without the need for water. The technology of liposomal microencapsulation, allows daily iron supplementation without any of the typical side effects of conventional oral iron supplements, such as heartburn, diarrhea, constipation, nausea and discolouring of the mucous membranes and of the stools, which increases patient compliance. It has no metallic taste or smell, does not discolour mucous membrane and has excellent tolerability. Besides the excellent tolerability, microencapsulated iron allows a greater and more rapid absorption of iron which raises hemoglobin and ferritin levels rapidly.

PHARMACOLOGICAL PROPERTIES

Mechanism of Action

Ferfer is a multi-ingredient supplement containing micro-encapsulated iron pyrophosphate (to form liposomes), vitamin C and vitamin B12 which are valuable for the control of nutritional deficiencies or increased organic needs of the iron. The iron aids in the formation of hemoglobin and red blood cells and vitamin C improves the absorption of iron. Vitamin B12, along with all the other components, helps to reduce fatigue and strain.

THERAPEUTIC USES

Ferfer is indicated in the prevention and treatment of iron deficiency and related signs and symptoms of anemia in adults associated with the following conditions and in the following individuals:

- ✓ Pregnancy and lactation
- ✓ Preconception period
- ✓ Heavy menstrual bleeding or menorrhagia
- ✓ Various types of bleeding
- ✓ Frequent feeling of tiredness, fatigue, weakness and asthenic symptoms
- ✓ Malabsorption states
- ✓ Sub-total/Total gastrectomy
- ✓ During sporting activity
- ✓ In women of childbearing age
- ✓ In individuals with low calorie, vegetarian or unbalanced diets
- ✓ In hemodialysis patients

DOSE AND ADMINISTRATION

Recommended dose: 1 sachet twice daily preferably after meal. The sachet dissolves quickly in the oral cavity and can be taken without water.

Iron pyrophosphate microencapsulated in liposomal form can also be dissolved in water or fruit juice and taken orally.

CONTRAINDICATIONS:

- ✓ Hypersensitivity to iron salts, Ascorbic acid (Vitamin C) or any form of Vitamin B12.
- ✓ Hemosiderosis, hemochromatosis, or anemias other than iron-deficiency anemia (due to iron component)
- ✓ Hyperoxaluria (due to Vitamin C component)

WARNINGS AND PRECAUTIONS

- ✓ Do not exceed the recommended daily dose.
- ✓ Keep out of reach of children to prevent accidental overdose.
- ✓ Food supplements are not intended as substitutes for a varied diet and a healthy lifestyle.
- ✓ It contains aspartame, a source of phenylalanine. It contains polyols and due to its excessive consumption may cause laxative effects.
- ✓ Iron supplements must not be administered to patients receiving repeated blood transfusions; concomitant parenteral iron; haemochromatosis and other iron overload syndromes.
- ✓ Administer with caution in patients with haemolytic anaemia, haemoglobinopathies, iron storage or iron absorption diseases, existing gastrointestinal disease.
- ✓ Before starting treatment, it is important to exclude any underlying cause of the anaemia (e.g. gastric erosion, colonic carcinoma).
- ✓ Pregnant or breast-feeding women shall consult health care professional before use.
- ✓ Please consult your pharmacist/ doctor if symptoms persist/ worsen.
- ✓ Accidental overdose of iron containing products is a leading cause of fatal poisoning in children under the age of six (6) years. Keep this product out of reach of children. In case of accidental overdose, call a doctor or refer to healthcare facility immediately.
- ✓ Iron salts should be used with caution in active peptic ulcer disease and inflammatory bowel disease particularly ulcerative colitis because iron salts can cause GI irritation. Caution is also needed in intestinal strictures and diverticulitis.

- ✓ Iron salts should be used with caution in the elderly as there may be a risk of fecal impaction.
- ✓ Large doses of Vitamin C may cause hemolysis in patients with G6PD deficiency. However, this product contains only 80 mg of Vitamin C.
- ✓ Vitamin B12 may cause hypokalemia.

ADVERSE REACTIONS

Typical adverse reactions with iron supplements include heartburn, gastro-intestinal irritation, nausea, vomiting, bloating, epigastric pain, abdominal cramps, early satiety, loss of appetite, constipation, diarrhea, coloring of mucous membranes and of stools etc. The rate of these adverse effects is significantly reduced with Ferfer due to the presence of iron in microencapsulated liposomal form.

The low doses of B12 and Vitamin C in Ferfer (2.5 mcg and 80 mg respectively) are not associated with any adverse effects.

DRUG INTERACTIONS

- ✓ Absorption of oral iron is reduced by calcium, magnesium, zinc salts and tetracycline.
- ✓ Iron may reduce the absorption of other drugs such as quinolone antibiotics (give at least 2 hours apart), bisphosphonates, tetracyclines, levodopa, entacapone, eltrombopag, (administer at least 4 hours apart), mycophenolate, penicillamine, levothyroxine (give at least 2 hours apart) and zinc.
- ✓ There are no well-known interactions for Vitamins C and B12.

OVER DOSAGE

Ferfer is a food supplement. Do not exceed the recommended daily dose. Food supplements are not intended as substitutes of a varied diet and a healthy lifestyle.

Acute iron overdose can be divided into 4 stages. In the 1st phase, which occurs up to 6 hours after oral ingestion, GI toxicity, notably vomiting and diarrhea, predominates. Other effects may include cardiovascular disorders such as hypotension and tachycardia, metabolic changes including acidosis and hyperglycaemia, and CNS depression ranging from lethargy to coma. Patients with only mild to moderate poisoning do not generally pass this 1st phase. The 2nd phase may occur at 6-24 hours after intake and is characterized by a temporary remission or clinical stabilisation. In the 3rd phase GI toxicity recurs together with shock, metabolic acidosis, convulsions, coma, hepatic necrosis and jaundice, hypoglycaemia, coagulation disorders, oliguria or renal failure, and pulmonary edema. The 4th phase may occur several weeks after ingestion and is characterised by gastrointestinal obstruction and possibly late hepatic damage.

Over dosage of iron supplements is particularly dangerous to young children.

Treatment consists of gastric lavage followed by the introduction of 5g Desferrioxamine into the stomach. Serum iron levels should be monitored and in severe cases IV desferrioxamine should be given together with supportive and symptomatic measures as required. Gastric lavage may be used with 5% sodium bicarbonate and saline cathartics (e.g. sodium sulfate 30g for adults); and milk and eggs with 5g bismuth carbonate every hour as demulcents. Blood or plasma transfusion for shock and oxygen for respiratory dysfunction may be used. Chelating agents (e.g. disodium calcium edetate) may be tried (500mg/500ml by continuous IV infusion). Dimercaprol should not be used since it forms a toxic complex with iron. Desferrioxamine is a specific iron chelating agent and severe acute poisoning in infants should always be treated with desferrioxamine at a dose of 90mg/kg IM followed by 15mg/kg per hour IV until the serum iron is within the plasma binding capacity.

PRESENTATION

Ferfer Orange Flavour : Pack of 30 Sachets.

INSTRUCTIONS

The sachet can be taken without water.
Use as advised by the physician.
Keep out of the reach of children.
Protect from light, heat and moisture.
Store below 30°C.

Manufactured by:

PharmEvo®
Our dream, a healthier society

PharmEvo (Pvt). Ltd.

(Nutraceutical Division)

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DRAP Company Enlistment Number : 00712

Product Enlistment Number : 00712.0006 (Orange Flavour)

Product Enlistment Number : 0712901602 (Strawberry Flavour)

Product Enlistment Number : 0712901603 (Fruit Punch Flavour)

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