

ZWITFER Tablet

Ferrous Ascorbate, Folic Acid & Zinc Tablets

Elemental Iron 100 mg · Folic Acid 1.5 mg · Elemental Zinc 22.5 mg

ZWITFER Tablet by **Green Cross Remedies** is a potent synergistic combination of iron, folic acid, and zinc formulated to support essential nutritional requirements and the comprehensive management of iron deficiency anaemia. Each tablet delivers Ferrous Ascorbate equivalent to Elemental Iron 100 mg, Folic Acid 1.5 mg, and Zinc 22.5 mg to maintain optimal blood health and vital physiological functions.

Composition of ZWITFER Tablet

Each film-coated tablet contains:

- **Ferrous Ascorbate:** Eq. to Elemental Iron 100 mg
- **Folic Acid:** 1.5 mg
- **Zinc Sulphate Monohydrate:** Eq. to Elemental Zinc 22.5 mg
- **Brand Name:** ZWITFER Tablet
- **Manufacturer:** Green Cross Remedies

Key Ingredients & Roles

1. Ferrous Ascorbate (100 mg Elemental Iron):

- Highly bioavailable iron form crucial for haemoglobin synthesis and red blood cell formation.
- Helps treat and prevent iron deficiency anaemia, promoting energy levels and vitality.

2. Folic Acid (1.5 mg):

- Essential coenzyme for DNA synthesis, repair, and red blood cell maturation.
- Crucial during pregnancy to support fetal neural tube development and cellular division.

3. Zinc (22.5 mg):

- Vital trace mineral supporting cellular immunity, protein synthesis, and wound repair.
- Supports normal cognitive functions and metabolic health.

Clinical Indications & Uses

- **Iron Supplementation:** Prevention and treatment of iron deficiency anaemia.
- **Pregnancy & Lactation:** Supports maternal haematological profiles and fetal growth.
- **Immune Support:** Enhances systemic immune defense mechanisms.

- **General Wellness:** Replenishes trace minerals and boosts vital energy pathways.

Mechanism of Action

- **Ferrous Ascorbate:** Ascorbate maintains iron in the ferrous state (Fe^{2+}), facilitating superior gastrointestinal absorption and immediate bioavailability for haemoglobin production.
- **Folic Acid:** Converts into active folate coenzymes necessary for purine/pyrimidine synthesis and erythropoiesis.
- **Zinc:** Acts as an essential cofactor for over 300 enzymatic processes driving tissue growth and biological defense.

Dosage & Administration

- Swallow whole with water as directed by a clinician.
- Take at a consistent time daily; if gastric upset occurs, consume with or after meals.
- Avoid tea, coffee, or dairy products close to administration as they reduce iron absorption.

Side Effects & Precautions

Side Effects: Mild gastrointestinal irritation, nausea, constipation, diarrhoea, or darkening of stool.

Precautions:

- Contraindicated in non-iron deficiency anaemia, iron overload, or active peptic ulceration.
- Separate administration by at least 2 hours from antacids, calcium supplements, or tetracycline/quinolone antibiotics.
- Keep strictly out of reach of children to avoid accidental poisoning.

ZWITFER Tablet Price

Ferrous Ascorbate, Folic Acid & Zinc Tablet
MRP: ₹125.00 for 10 Tablets

Frequently Asked Questions

What is ZWITFER Tablet used for?

It is prescribed to manage iron deficiency anaemia, support pregnancy health, and replenish essential micro-nutrients.

Why does stool turn black during use?

Unabsorbed iron naturally darkens stools, which is harmless. However, consult a physician if tarry stools are accompanied by abdominal pain.

Who manufactures ZWITFER Tablet?

It is manufactured and marketed by **Green Cross Remedies**.

GREEN CROSS REMEDIES

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