

FREGURD TABLET

Composition :

Each enteric coated tablet contains :

Ferrous Ascorbate

Eq. to Elemental Iron 100mg.

Folic Acid I.P. 1.5mg.

FERROUSE ASCORBATE :

Ferrous Ascorbate is a synthetic form of iron (Ferrous) and along with ascorbic acid (Ascorbate) that helps to increase the absorption of iron in the small intestine produce erythroid precursor cells. Ferrous Ascorbate has very good absorption as ascorbic acid enhances absorption of iron. Ascorbic acid reduces ferric iron to ferrous iron which remains soluble even at neutral pH.

Ferrous Ascorbate is the world's most widely used iron which is 4 times higher absorption than any other iron form. Ferrous Ascorbate is considered the Gold Standard in Iron therapy.

There is no dissociation of Ferrous ascorbate on entering GI Tract due to the stable chelate of Iron with Ascorbate. Also there is no action of food inhibitors as the complex does not dissociate. Ascorbate is a reducing agent and prevents Oxidation. Thus maintains Iron in highly soluble ferrous form.

Pharmacokinetics :

After oral administration, the iron is predominantly absorbed in the upper jejunum and duodenum. About 90% of the administered dose is bound to plasma proteins. The iron as ferrous forms binds with transferrin and transported to the spleen, liver and bone marrow. The GI absorption of iron is very low due to systemic recycling of iron. About 1 mg/day of endogenous iron is eliminated in the urine, skin and feces.

FOLIC ACID :

Folic acid also known as Vit.B9, which is itself not biologically active, but its biological importance, is due to tetrahydrofolate and other derivatives after its conversion from dihydrofolic acid in the liver. Folic acid and Folate (the form naturally occurring in the body) is essential to numerous bodily functions. The human body needs folate to synthesize DNA, repair DNA, and methylate DNA as well as to act as a cofactor in biological reactions involving folate. It is especially important in aiding rapid cell division and growth, such as in infancy and pregnancy. Children and adults both require folic acid to produce healthy red blood cells and prevent anemia.

A lack of dietary folic acid leads to folate deficiency. This deficiency can result in many health problems; the most notable problem is neural tube defects in developing embryos.

Pharmacodynamics :

Exogenous administration of folic acid is essential for normal erythropoiesis process. Folic acid is vital for the biosynthesis of purines and thymidylate of nucleic acids. Defective purine biosynthesis due to folate deficiency leads to megaloblastic anemia and macrocytic anemia.

Pharmacokinetics :

Folic acid is rapidly absorbed in the proximal portion of the small intestine. After oral administration, the C_{max} can be achieved within one hour. As tetrahydrofolic acid derivative, folic acid is well-distributed in all over the body tissues and stored in hepatic tissues. Folic acid is metabolized in liver into dihydrofolate and tetrahydrofolate forms. About 90% of the administered dose is excreted via the urine.

FREGURD TABLET :

Taking a Ferrous Ascorbate Folic Acid (Fregurd Tab.) would help the mother to avoid having an anemia sickness during pregnancy and in addition to that it also boosts the immune system of the mother and the baby. This is the reason why, it is highly recommended that every pregnant woman should start taking Ferrous Ascorbate Folate especially during the early stages of pregnancy and even before pregnancy.

INDICATION OF TAB. FREGURD :

Prevention and treatment of Iron Deficiency Anemia in pregnant women and children, all types of anemia excess blood loss in menstruation and surgery.

CONTRA-INDICATIONS:

Patients with history of iron overload or any known complication of the components like hemosiderosis, hemochromatosis, hemolytic anemia.

DOSAGE :

One tablet once a day. Dose can be increased to twice daily as per the requirement.

SIDE EFFECT :

The most common side effects are nausea, constipation, dark colored stool, regurgitation, pyrosis, chronic constipation and diarrhea. In pregnant women, the incidence of pyrolysis and chronic constipation may slightly increase. Sometimes slightly curdled stools may observe and sometimes the color of stools may be clay colored.

INTERACTION WITH DRUGS :

Fregurd Tab. may interact with barbiturates, diphenylhydantoin, primidone, tetracycline group of drugs, quinolones, penicillamine, L-dopa, methyl dopa, bisphosphonates and calcium salts. Ferrous ascorbate markedly reduces effect of Alendronic acid, Alendronate sodium. Ferrous ascorbate may have its absorption decreased by Aluminium hydroxide, hydroxy aluminium, aluminium hydroxide-magnesium carbonate, aluminium hydroxide-magnesium hydroxide and calcium.

INTERACTION WITH FOOD :

Fregurd Tab. can be taken before or after food intake.

PRECAUTIONS :

Ferrous Ascorbate and Folic A acid (Fregurd Tab.) is contraindicated in patients with iron supplements allergy, patients with hemosiderosis, haemolytic anemia, active infections and hemochromatosis.

Oral iron may enhance to any patient suffering from chronic peptic ulcer, regional enteritis and ulcerative colitis. Patient must be periodically monitored hematologic and hematinic parameters.

STORAGE INSTRUCTIONS :

Store in dry and dark place at temperature below 30°C.

PRESENTATION :

Fregurd Tab. is available 1*10 in an Alu-Alu strip and 10 strips in a carton.