



## Nid<sup>®</sup> Zinc

### Description

Zinc Sulphate Monohydrate (**Nid<sup>®</sup>**) is a source of zinc which is an essential trace element required for human nutrition and involved in a number of body enzyme system. Zinc is vital for growth and development, sexual maturation and reproduction, dark vision adaptation, olfactory and gustatory activity, insulin storage and release and for a variety of host immune diseases. Severe zinc deficiency causes skin lesion, alopecia, diarrhoea, increased susceptibility of infections, cognitive impairment, and failure to thrive in children. Symptoms of less severe deficiency include distorted or absent perceptions of taste and smell poor wound healing. Therapy should continue until clinical improvement and be replaced by dietary measures unless there is severe malabsorption, metabolic disease or continuous zinc loss.

### Pharmacokinetics

Zinc Sulphate Monohydrate (**Nid<sup>®</sup>**) is absorbed from the gastrointestinal tract and distributed throughout the body. The highest concentrations occur in hair, eyes, male reproductive organs and bone. Lower levels are present in liver, kidney and muscle. In blood 80% is found in erythrocytes. Plasma zinc levels range from 70 to 110 mcg/dL and about 50% of this is loosely bound to albumin. About 7% is amino acid bound and the rest is tightly bound to alpha-2 macroglobulins and other proteins.

### Composition

**Nid<sup>®</sup> Tablet:** Each film-coated tablet contains Zinc Sulphate Monohydrate USP 54.90 mg equivalent to Elemental Zinc 20 mg.

**Nid<sup>®</sup> Syrup:** Each 5 ml contains Zinc Sulphate Monohydrate USP equivalent to 10 mg elemental Zinc.

### Indications

Zinc sulphate monohydrate is indicated in zinc deficiency and/or in zinc losing conditions. Zinc deficiency can occur as a result of inadequate diet or malabsorption. Zinc is essential for the correction of growth retardation, decreased taste and smell, alopecia, dermatitis, diarrhoea, immunological dysfunction, failure to thrive, gonadal atrophy, impaired spermatogenesis and congenital malformation.

### Dosage & administration

Adult & Child over 30 Kg	2 tablets or 4-5 teaspoonfuls 1-3 times daily
Child within 10-30 Kg	1 tablet or 2-3 teaspoonfuls 1-3 times daily
Child under 10 Kg	1 tablet or 2-3 teaspoonfuls daily

### Contraindications

Hypersensitivity to zinc, abdominal pain and gastrointestinal disturbances.

### Side effects

Side effects of zinc salts are abdominal pain, dyspepsia, nausea, vomiting, gastric irritation, gastritis, irritability, headache, lethargy.

### Use in pregnancy & lactation

The safety of zinc in human pregnancy has not been established. Zinc crosses the placenta and is present in breast milk.

### Precautions

Oral zinc therapy should only be given when there is good evidence of deficiency. Side effects of zinc salts are abdominal pain and dyspepsia. In acute renal failure, zinc accumulation may occur, so dose adjustment is needed.

### Drug interactions

Concomitant intake of tetracycline and zinc may decrease the absorption of both the tetracycline and zinc. Similarly concomitant administration of zinc and quinolone may also decrease the absorption of both. Concomitant intake of penicillamine and zinc may decrease absorption of zinc.

### Overdosage

Symptoms of overdose may include severe nausea, vomiting, dizziness, fainting and shortness of breath. If overdose is suspected, then contact with local poison control center or emergency room may be needed.

### Storage

Store in a cool and dry place, protected from light.

### Packaging

**Nid<sup>®</sup> Tablet:** Each carton contains a bottle having 30 tablets.

**Nid<sup>®</sup> Syrup:** Each carton contains a bottle having 100 ml syrup.



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