Front

Package Leaflet: Information for the user

Folic Acid 5 mg Tablets

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.
- Keep this leaflet. You may need to read it again.
- Ask your doctor or pharmacist if you need more information or advice.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their symptoms are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

What is in this leaflet

1. What Folic Acid Tablets are and what they are used for
2. What you need to know before you take Folic Acid Tablets
3. How to take Folic Acid Tablets
4. Possible side effects
5. How to store Folic Acid Tablets
6. Contents of the pack and other information

1. WHAT FOLIC ACID TABLETS ARE AND WHAT THEY ARE USED FOR

Folic Acid is a vitamin used to treat a lack of folic acid in the body, which results in a reduction of red blood cells and the presence of large abnormal red blood cells (folate-deficient megaloblastic anaemia). Folic Acid Tablets are also used to prevent anaemia in chronic red blood cell breakup (haemolytic) states or in kidney dialysis.

2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE FOLIC ACID TABLETS

Do NOT take Folic Acid tablets if you have:
- an allergy (hypersensitivity) to folic acid or any of the other ingredients of this medicine (listed in section 6).
- an untreated vitamin B12 deficiency - e.g. in certain anaemias and life long vegetarians
- pernicious anaemia (caused by vitamin B12 deficiency)
- if you have cancer (unless you have anaemia due to a deficiency of folic acid)

Warnings and precautions

Talk to your doctor or pharmacist before you take this medicine if you:
- are undergoing haemodialysis due to kidney failure
- are receiving a coronary stent (a tube that is inserted in the artery that leads to the heart, in order to stop blockages)
- suffer from epilepsy
- have a folate dependent tumour
- if you suffer from pernicious anaemia (a disorder preventing the absorption of vitamin B12) or could be suffering from a lack of vitamin B12

Other medicines and Folic Acid Tablets

Talk to your doctor or pharmacist before you take this medicine if you:
- are taking fluorouracil, a drug used to treat certain tumours
- are taking antibiotics, some antibiotics (trimethoprim and sulphonamides, sometimes combined as co-trimoxazole) reduce the effect of folic acid. All antibiotics can interfere with folic acid blood test results
- are taking some indigestion remedies (edible clay and antacids containing aluminium or magnesium). Allow at least a two hour gap between taking your Folic Acid Tablets and indigestion remedies
- are taking preparations containing zinc such as vitamins or food supplements (this may be important in Pregnancy)
- are taking cholestyramine, used to reduce cholesterol levels in the blood
- are taking sulfasalazine used to treat ulcerative colitis, Crohn's disease or rheumatoid arthritis
- are taking triamterene, a diuretic (or 'water tablet')
- are taking medicines to treat epileptic attacks such as phenytoin, phenobarbital, primidone, sodium valproate, carbamazepine or a barbiturate
- are taking methotrexate used to treat Crohn's disease, psoriasis, rheumatoid arthritis
- are taking lithium for mental health problems
- are taking aspirin for pain relief or to thin your blood
- drink alcohol
- are taking any other tablets or medicines including those obtained without a prescription.

Pregnancy and breast-feeding: This medicine can be taken in pregnancy to treat anaemia.
If you are breast feeding please speak with your doctor before taking this medicine.

Driving and using machinery: This medicine should not affect your ability to drive a car or operate machinery.

Folic Acid Tablets contain lactose

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 FOLIC ACID TABLETS

Ask your pharmacist or doctor if you are not sure how to take these tablets. The tablets should be swallowed, preferably with a drink of water.

To treat folate-deficient anaemia

Adults, children over 1 year old and the elderly:
- Initially one tablet daily for 4 months or until signs of red blood cell formation have been obtained. Up to 3 tablets may be recommended in poor absorption cases.
- The maintenance dose is one tablet every 1 to 7 days depending on the underlying disease.

To prevent anaemia in chronic haemolytic states or in kidney dialysis

Adults, children over 1 year old and the elderly:
- One tablet daily or even weekly, depending on the diet and the rate of red blood cell breakup.

Children up to 1 year old:
- 500 microgram per kg of body weight daily.

Back

If you forget to take a Folic Acid Tablets:

If you forget a dose, take another as soon as you remember. If it is almost time for your next dose, then do not take the missed dose at all. Do not take a double dose to make up for a forgotten dose.

If you take more Folic Acid tablets than you should

If you (or anybody else, including a child), takes more Folic Acid Tablets than you should, it is unlikely that this medicine will cause any harm. If you are at all concerned contact your doctor immediately or go to your local hospital casualty department.
Please take this leaflet, any remaining tablets and the container with you.

4. POSSIBLE SIDE EFFECTS

Like all medicines, Folic Acid tablets can cause side effects, although not everybody gets them.
Stop taking the tablets and tell your doctor immediately or go to the casualty department at your nearest hospital if you have any of the following symptoms of an allergic reaction:
- swelling of the lips, face or neck, difficulty in breathing
- skin rash or hives
- shock (cold sweaty skin, weak pulse, dry mouth, dilated pupils).
- Some patients have reported (frequency not known) - Severe allergic reaction (anaphylactic reaction)

Stomach and intestinal problems have also been reported rarely, such as loss of appetite, feeling sick, wind, bloating, worsening of the symptoms of vitamin B12 deficiency. Folic acid should never be used to treat anaemia without a full investigation of the cause.

Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet.
You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store.
By reporting side effects you can help provide more information on the safety of this medicine.

5. HOW TO STORE FOLIC ACID TABLETS

Keep out of the sight and reach of children.
Store in a cool, dry place, protected from light.
Keep the container tightly closed.
Do not use this medicine after the expiry date printed on the pack.
The expiry date refers to the last day of that month.
Do not throw away any medicines via wastewater or household waste.
Ask your pharmacist how to throw away medicines you no longer use.
These measures will help protect the environment. Remember, this medicine is for you only.

6. CONTENTS OF THE PACK AND OTHER INFORMATION

What these tablets contain:
The active ingredient in each tablet is folic acid 5mg.
The other ingredients are: lactose, maize starch and magnesium stearate.

What Folic Acid Tablets look like and contents of the pack: Folic Acid Tablets are round, bright orange tablets with "M" and "5"on either side of a break line on one side. They are available in plastic containers of 28, 30, 50, 100, 250, 500 and 1000 tablets.
Not all pack sizes may be marketed.

Marketing Authorisation Holder:
Mobius Healthcare Limited
Unit 7 Bourne End Mills
Upper Bourne End Lane
Hemel Hempstead
HP1 2UJ United Kingdom

Manufacturer:
Mobius Laboratories Limited
Unit 7 Bourne End Mills
Upper Bourne End Lane
Hemel Hempstead
HP1 2UJ United Kingdom

This leaflet was last revised in February 2023.

Other sources of information:

To request a copy of this leaflet in braille or large print, please call 01442953207 (UK Only)

250 mm

200 mm

250 mm

200 mm

Mobius Healthcare Ltd. Unit 7, Bourne End Mills, Upper Bourne End Lane, Hemel Hempstead, HP1 2UJ, United Kingdom.	Component: Leaflet	Code#:	Version:
	Dimension: L-200mm, H-250mm		
Product: Folic Acid Tablets BP 5mg			13-02-2023

Colour: Black, Die-line

Printed in 1 colour
60 GSM Maplitho paper
as per approved artwork

Please note that customer approval signature represents full and complete review and responsibility for content, accuracy and completeness. Please refer to Pantone Colour Formula Guide for exact references.