

Glutamed

ZS

PACKAGE INSERT

PROPRIETARY NAME (AND DOSAGE FORM)

GLUTAMED™ ZS Sachets 15 g

COMPOSITION

Each sachet of GLUTAMED ZS contains: L-Glutamine 10 g, Maltodextrin 5 g, Zinc Sulphate 3.5 mg, Sodium Selenite 20 mcg, Beta-carotene, and natural naartjie flavour.

PHARMACOLOGICAL CLASSIFICATION

Amino acid and trace elements, dietary supplement.

PHARMACOLOGICAL ACTION

Glutamine has a variety of biochemical functions including:

- A major role in protein synthesis
- The regulation of acid-base balance in the kidney by producing ammonium
- It provides a source of cellular energy, next to glucose
- Nitrogen donor for many anabolic processes
- Carbon source, refilling the citric acid cycle

INDICATIONS

Any disease state, in which a deficiency of glutamine and micronutrients is likely to occur.

CONTRA-INDICATIONS

End stage disease with restricted protein intake.
Do not use if there is insufficient intestinal function.
Hypersensitivity to any of the ingredients.

WARNINGS

None

DOSAGE AND DIRECTIONS FOR USE

GLUTAMED ZS is designed to be added to room temperature clear liquids, semi-solid food or for supplementing enteral nutrition feeds.

The standard adult dose of glutamine is 0.5 g/kg/day given in divided doses.

This equates to 1 to 3 sachets per day (10 - 30 g L-glutamine per day) given in divided doses.

Administration

Oral: Mix the powder contents of one GLUTAMED **ZS** sachet with 60 ml – 120 ml liquid (e.g. water or juice) or semi-solid food.

Liquids and food should preferably be at room temperature. Stir well to keep the powder suspended. Avoid mixing with very hot or very cold liquids/food. Once mixed, ideally consume immediately. If mixed with water, can be stored refrigerated for up to 4 hours.

Swish and Swallow for Oral Mucositis: Mix the powder contents of one GLUTAMED **ZS** sachet with 60 ml – 120 ml liquid (e.g. water or juice). Stir well to keep the powder suspended. Swish around your mouth for 30-60 seconds, gargle and swallow, or simply swallow. Refrain from eating, drinking or brushing teeth for 30 minutes after dosing.

Enteral: Flush the feeding tube with 20 ml of sterile water. Mix the contents of one GLUTAMED **ZS** sachet with 60 ml of water. Infuse through the feeding tube immediately. Flush the feeding tube after infusion, with an additional 20 ml of sterile water.

SIDE-EFFECTS AND SPECIAL PRECAUTIONS

Glutamine supplementation is well tolerated without adverse consequences even during times of stress at recommended dosages.

Zinc supplementation may cause mild gastro-intestinal disturbances e.g. nausea and vomiting.

GLUTAMED **ZS** sachets do not constitute a balanced diet and should only be used as recommended by a health care professional.

Not for parenteral use.

KNOWN SYMPTOMS OF OVERDOSGE AND PARTICULARS OF TREATMENT

None

Chronic, high overall protein intake may cause nausea and vomiting, and may result in neurological damage in pre-term infants.

IDENTIFICATION

Individual sachet, containing 15 g white crystalline powder, which is partly soluble in water and has a citrus (naartjie) taste.

PRESENTATION

Box containing 10 individual, 15 g GLUTAMED **ZS** sachets.

STORAGE INSTRUCTIONS

Store in a cool dry place, out of reach of children.

DISTRIBUTED BY

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