CALCIUM + VITAMIN D_3 + MINERALS

Nutrients	Amount Per Tablet
Calcium (as Calcium Carbonate)	600 mg
Cholecalciferol (Vitamin D3)	400 IU
Magnesium (as Magnesium Oxide)	40 mg
Zinc (as Zinc Oxide)	7.5 mg
Manganese (as Manganese Sulfate)	1.8 mg

CALCIUMADE®

TABLET

PRODUCT DESCRIPTION
This product is an orange, biconvex, elliptical-shaped coated tablet with product name on one side and plain on the other side.

WHAT IS IN THE MEDICINE?
This medicine contains a combination of Calcium, Vitamin D, Magnesium, Zinc, and Manganese which are nutrients known to help protect against osteoporosis and promote optimum bone health.

BONE-BUILDING NUTRIENTS	BIOCHEMICAL AND PHYSIOLOGIC FUNCTIONS
Calcium	• The most important structural component of bones and teeth • A key factor in the normal transmission of nerve impulses • Essential for the formation of fibrin, the fibrous protein that makes up the structure of blood clots. • Key player in the regulation of cellular metabolism and may regulate a variety of enzymatic processes that affect cell secretions, ciliary action, cell division, and cell proliferation.
Vitamin D_3	• Acts to maintain normal concentrations of calcium and phosphorus in plasma, mainly by facilitating calcium absorption from the small intestine and by enhancing the parathyroid hormone (PTH)-mediated mobilization of calcium and phosphorus from bone • The active form of vitamin D increases the production of calcium-binding proteins in the lining of the small intestine
Magnesium	• Essential for enzymes needed to incorporate calcium in bones • Involved in reactions that convert vitamin D into its active form; the presence of the active form of vitamin D results in a 10-30% increase in calcium absorption allowing more calcium to be deposited in bones • Important for the electrical stability of cells, the maintenance of membrane integrity, muscle contraction, blood clotting, nerve conduction, and the regulation of vascular tone
Zinc	• A cofactor for various enzymes required for normal bone development • Required for proper calcium absorption, enhances the activity of vitamin D • Necessary for proper osteoblast activity and bone collagen formation • Required for the normal development and maintenance of the immune system; helps regulate the activity of cells involved in immune function • Functions as an antioxidant by being a cofactor of the enzyme superoxide dismutase which is involved in the removal of harmful free radicals
Manganese	• Essential for bone mineralization and for the synthesis of connective tissues in cartilage and bones • Enhances bone growth and repair by stimulating bone building and suppressing bone resorption • Enhances the activity of vitamin D

STRENGTH OF THE MEDICINE
Please see formulation

WHAT IS THE MEDICINE USED FOR?
A medicine to help maintain optimum bone function and reduce the risk of osteoporosis later in life.

HOW MUCH AND HOW OFTEN SHOULD YOU USE THIS MEDICINE?
Orally, once daily.
Or, as directed by a doctor.

WHEN SHOULD YOU NOT TAKE THIS MEDICINE?
- If you are allergic to any component in the product.
- If you have hypercalcemia (excess calcium in the blood), kidney impairment, or any disease associated with hypercalcemia.

UNDESIRABLE EFFECTS

Calcium
- Hypercalcemia, hypercalciuria (excess calcium in the urine), vascular and soft tissue calcification (deposition of calcium in blood vessels and soft tissue) and nephrolithiasis (kidney stones) have been reported with high doses of calcium. Minor gastrointestinal disturbances such as bloating, constipation, flatulence, and nausea have also been reported with calcium supplements.

Zinc
- Gastrointestinal side effects such as nausea and vomiting are seen with doses of elemental zinc greater than 30 mg.

WHAT OTHER MEDICINE OR FOODS SHOULD BE AVOIDED WHILE TAKING THIS MEDICINE?

Calcium

- Bisphosphonates (e.g., alendronate, etidronate, risedronate) should be taken at least 30 minutes before taking this medicine since calcium may reduce absorption of bisphosphonates.
- Quinolones (e.g., ciprofloxacin, norfloxacin, levofloxacin, ofloxacin) should be taken at least three hours before taking this medicine since calcium may reduce absorption of quinolones.
- Tetracyclines should be taken at least three hours before taking this medicine to avoid reduced absorption of tetracyclines. Tetracyclines are not recommended in children below 8 years old.
- Concomitant intake of calcium and foods rich in oxalic acid (e.g., spinach, sweet potatoes, and beans) or phytic acid (unleavened bread, raw beans, seeds, nuts, and grains) may decrease calcium absorption.

Vitamin D

- Concomitant intake of other products containing high dose vitamin D may result in excessive doses of vitamin D.
- Concomitant use of mineral oils, olestra, orlistat, and bile acid sequestrants (e.g., cholestyramine, colestipol) may reduce the absorption of vitamin D.
- Concomitant use of anticonvulsants, cimetidine and thiazides may decrease the effect of vitamin D.

WHAT SHOULD YOU DO IF YOU MISS A DOSE?

If you miss a dose, just take the next dose and the subsequent doses at the usual recommended schedule, i.e., once a day.

Do not double the dose unless recommended by a doctor.

HOW SHOULD YOU KEEP THIS MEDICINE?

- Keep the product out of reach and sight of children.
- Store at temperatures not exceeding 30°C.

SIGNS AND SYMPTOMS OF OVERDOSAGE

Calcium

No data available on overdosage when taken in the recommended dose. However, in particularly susceptible individuals (i.e., patients with kidney failure), doses greater than 2 g elemental calcium per day may cause high levels of calcium in the urine and lead to kidney stones, which may result to kidney damage.

Vitamin D

Chronic ingestion of 50,000 - 100,000 IU (1.25 - 2.5 mg) of vitamin D daily may result in hypervitaminosis D. Signs and symptoms include hypercalcemia, hypercalciuria, anorexia (loss of appetite), nausea, vomiting, polyuria (frequent urination), polydipsia (excessive thirst), weakness and lethargy (fatigue).

Zinc

Rare occurrences of acute zinc poisoning have been reported. The toxicity signs observed after ingestion of high zinc doses (4 - 8 grams) include nausea, vomiting, diarrhea, fever, metallic taste, and lethargy.

WHAT TO DO WHEN YOU HAVE USED MORE THAN THE RECOMMENDED DOSAGE?

If you have taken more than the recommended dosage, consult a doctor or contact a Poison Control Center right away.

CARE THAT SHOULD BE TAKEN WHEN TAKING THIS PRODUCT?

- Do not use more than the recommended dose unless recommended by a doctor.
- Do not use after the expiry date on the label.

WHEN SHOULD YOU CONSULT YOUR DOCTOR?

- If any undesirable effect occurs.
- Women who are pregnant should have regular prenatal check-up with their doctor.

AVAILABILITY

Flex foil strip pack x 4's (Box of 12's and 100's)

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Manufactured by: **AMHERST LABORATORIES, INC.**
UNILAB Pharma Campus, Barangay Mamplasan
Biñan, Laguna, Philippines
For: **UNILAB, Inc.**
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