Colecalciferol

Forti-D®

800 IU Soft Gelatin Capsule

V I T A M I N

FORMULATION
Each soft gelatin capsule contains:
Colecalciferol (Vitamin D_3)..... 800 IU

PRODUCT DESCRIPTION
This product is a blue, oval, translucent soft gelatin capsule containing clear colorless liquid.

WHAT IS IN THE MEDICINE?
This product contains Vitamin D. Vitamin D is required for normal bone formation. Vitamin D 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. Vitamin D deficiency develops when both sunlight exposure and dietary intake are inadequate. Insufficiency is associated with negative calcium balance, bone loss and increased risk of skeletal fracture.

STRENGTH OF THE MEDICINE
Please see formulation

WHAT IS THE MEDICINE USED FOR?
- For the prevention and treatment of Vitamin D deficiency

HOW MUCH AND HOW OFTEN SHOULD YOU USE THIS MEDICINE?
Adult Dose:
Orally, one soft gelatin capsule once a day.
Or, as directed by a doctor.

Dosing Instructions:
- Take each dose with a full glass of water.
- Doctors should consider the Vitamin D intake of their patients from other sources (i.e., dietary sources, other nutritional supplements) to avoid excessive Vitamin D intake.

WHEN SHOULD YOU NOT TAKE THE MEDICINE?
- If you are allergic to any component of the product.
- If you have hypervitaminosis D, nephrolithiasis (kidney stones), diseases or conditions resulting in hypercalcemia (excess calcium in the blood) and/or hypercalciuria (excess calcium in the urine) and severe kidney impairment.
- If you have peanut allergy since this product contains Arachis oil (peanut oil).
- Colecalciferol 800 IU soft gelatin capsule is not recommended for children.

UNDESIRABLE EFFECTS
Vitamin D in doses of 3,800 IU (95 mcg) or greater per day have been reported to cause hypercalcemia.

WHAT OTHER MEDICINE OR FOODS SHOULD BE AVOIDED WHILE TAKING THE MEDICINE?
- 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 the dose for the day just take the next dose and the subsequent doses at the usual recommended schedule, i.e., once a day.

Do not double the dose.

HOW SHOULD YOU KEEP THE MEDICINE?
- Keep the product out of reach and sight of children.
- Store in a dry place at temperatures not exceeding 30°C.
- Protect from light and moisture.

SIGNS AND SYMPTOMS OF OVERDOSAGE
Chronic ingestion of 50,000 to 100,000 IU (1.25 to 2.5 mg) of Vitamin D per day may result in hypervitaminosis D. Signs and symptoms include hypercalcemia, hypercalciuria, anorexia (loss of appetite), nausea, vomiting, polyuria (frequent urination), polydipsia (excessive thirst), weakness, lethargy (fatigue), and constipation.

WHAT TO DO WHEN YOU HAVE USED MORE THAN THE RECOMMENDED DOSAGE?
If you have taken more than the recommended dosage, consult a doctor.

CARE THAT SHOULD BE TAKEN WHEN TAKING THE MEDICINE
- Do not take more than the recommended dose.
- Do not use after the expiry date on the label.

WHEN SHOULD YOU CONSULT YOUR DOCTOR?
- If you are pregnant or breastfeeding, consult your doctor before using this product.
- If any undesirable effect occurs.

DATE OF REVISION OF PATIENT INFORMATION LEAFLET (PIL): May 2013

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