Calcium Lactate

United Home® Calactate®

325 mg Tablet
650 mg Tablet
MINERAL

FORMULATION

Each tablet contains:
Calcium Lactate ..... 325 mg or 650 mg

PRODUCT DESCRIPTION

United Home® Calactate® 325 mg Tablet: White, modified oval, size 0.267" x 0.590" tablet, with "UHP CALACTATE" logo on one side and plain on the other side

United Home® Calactate® 650 mg Tablet: White, modified oval, size 0.300" x 0.662" tablet, with "UHP CALACTATE" logo on one side and plain on the other side

WHAT IS IN THE MEDICINE?

This medicine contains calcium. Calcium is the most important structural component of bone – 99% of the body's calcium is found in bones. Calcium is required throughout life to build and maintain strong and healthy bones and teeth. Calcium supplementation is vital for the prevention and treatment of calcium deficiency, osteomalacia (softening of the bones) or osteoporosis (weakening of the bones).

Calcium requirement is highest during adolescence to support optimum bone-formation, rapid longitudinal growth and maximal bone density. Calcium is also essential during pregnancy since the mother transfers calcium to her infant before birth.

Calcium is also vital for muscle contraction, blood clotting, maintenance of cell membranes, and nerve transmission.

STRENGTH OF THE MEDICINE

Please see Formulation.

WHAT IS THIS MEDICINE USED FOR?

- A nutritional supplement used in the management of hypocalcemia and calcium deficiency states resulting from dietary deficiency or ageing
- Help protect pregnant and lactating mothers against calcium depletion
- Promote healthy teeth and strong bones to prevent osteoporosis
- Help achieve maximum height by facilitating bone accretion during adolescence

HOW MUCH AND HOW OFTEN SHOULD YOU USE THIS MEDICINE?

To be taken orally with a full glass of water. It is recommended to take calcium supplements with or after meals to enhance absorption.

Age Group	Recommended Oral Dose	
	Calcium Lactate 325 mg Tablet	Calcium Lactate 650 mg Tablet
Adults and Children 7 years and older	1 to 2 tablets twice a day	1 tablet once or twice a day
Pregnant and breastfeeding women	2 tablets 3 times a day	1 tablet 3 times a day
	Or, as directed by a doctor.	

Calcium supplements should not be taken for long periods without medical advice.

WHEN SHOULD YOU NOT TAKE THIS MEDICINE?

- If you are allergic to any ingredient in the product
- In patients with severe hypercalcemia (too much calcium in the blood) and hypercalciuria (too much calcium in the urine), e.g., hypervitaminosis D, hyperparathyroidism, severe kidney failure, osteoporosis due to immobility and decalcifying tumors such as skeletal metastases)
- In patients with ventricular fibrillation
- Patients on cardiac glycosides (e.g., digoxin) should not take calcium supplements.

UNDESIRABLE EFFECTS

Calcium supplements may cause gastrointestinal (GI) irritation, constipation, bloating, flatulence, nausea, and headache.

Hypercalcemia may occur when large doses of calcium are administered to patients with chronic kidney failure (see Signs and Symptoms of Overdosage).

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

The following interactions should be considered before giving this medicine.

- Calcium enhances the effects of digitalis glycosides on the heart and may precipitate digitalis intoxication.
- Hypercalcemia has occurred when calcium salts are given with thiazide diuretics or vitamin D. Concomitant ingestion of calcium salts and thiazide diuretics may predispose patients to developing the milk-alkali syndrome.
- Calcium salts reduce the absorption of other medicines such as bisphosphonates (e.g., alendronate), fluoride, some fluoroquinolones and tetracyclines, levothyroxine, and phenytoin; doses should be separated by at least three hours.
- Concomitant intake with calcium may also result in decreased effectiveness of other medicines such as aspirin, bismuth subcitrate, calcium channel blockers, and cefpodoxime; and decreased bioavailability of atenolol.
- Calcium may reduce the absorption of other minerals such as iron and zinc; doses should be separated by at least two hours.
- Alcohol, aluminum-containing antacids, mineral oil, stimulant laxatives (prolonged use), and corticosteroids reduce calcium absorption. Anticonvulsants may also reduce serum calcium levels.
- Foods rich in oxalic acid (spinach, sweet potatoes, and beans) or phytic acid (unleavened bread, raw beans, seeds, nuts, and grains) may also result in decreased calcium absorption. High intakes of caffeine affect the bioavailability of calcium by increasing calcium loss in urine and stimulating calcium secretion into the GI tract.

Tell your doctor about other medicines you are taking including supplements and herbal products.

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.

Do not double the dose unless recommended by your doctor.

HOW SHOULD YOU KEEP THIS MEDICINE?

- Store at temperatures not exceeding 30°C.
- Always keep container tightly closed.
- Keep the product out of sight and reach of children.

SIGNS AND SYMPTOMS OF OVERDOSE

Doses greater than 2 g elemental calcium per day, particularly in susceptible individuals (i.e., patients with kidney failure), may cause high levels of calcium in the urine and lead to kidney stones, resulting in kidney damage.

Hypercalcemia is also possible, particularly in patients with kidney failure or in those who are also taking vitamin D. Mild hypercalcemia may be asymptomatic or manifest as constipation, anorexia, nausea, and vomiting, with mental changes such as confusion, delirium, stupor (stunned state), and coma becoming evident as the degree of hypercalcemia increases.

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

If you have taken more than the recommended dosage, consult a doctor.

CARE THAT SHOULD BE TAKEN WHEN TAKING THIS MEDICINE

- Calcium enhances the effect of cardiac glycosides on the heart and may precipitate arrhythmia.
- Oral calcium can cause hypercalcemia. Use with caution in patients with kidney impairment, cardiac disease, or diseases associated with hypercalcemia such as sarcoidosis (enlarged lymph nodes) and some malignancies.
- Calcium supplements should generally be avoided in patients with calcium-containing kidney stones (renal calculi) or a history of renal calculi. Supplemental calcium taken without food may increase the risk of kidney stones.
- Patients should be advised on the potential constipation associated with calcium supplementation and the importance of adequate hydration, dietary fiber, and physical activity.
- Doses higher than 4 g daily can result in milk-alkali syndrome. Symptoms include hypercalcemia, calcinosis (formation of calcium deposits in any soft tissue), nausea, vomiting, headache, weakness, azotemia (elevation of blood urea nitrogen and serum creatinine levels), and alterations in taste.
- Careful monitoring of blood levels and urinary calcium excretion is necessary, particularly when high dose calcium therapy has been used, especially in children.
- A higher intake of calcium, whether from food alone or including supplements, was associated in an epidemiological study with an increased incidence of prostate cancer, possibly due to calcium's inhibitory effect on vitamin D conversion.
- 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 any undesirable effect occurs.
- Women who are pregnant should have regular prenatal check-up with their doctor.
- Check with your doctor before taking calcium tablets if you have:
  - Impaired kidney function
  - Heart disease
  - Sarcoidosis

AVAILABILITY: HDPE Plastic Bottle x 100s

For suspected adverse drug reaction, seek medical attention immediately and report to the FDA at www.fda.gov.ph AND Unilab at (+632) 858-1000 or productsafety@unilab.com.ph. By reporting undesirable effects, you can help provide more information on the safety of this medicine.

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Manufactured by **UNILAB, Inc.**
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P300000026582
REG. IPOPHIL
DRHR-770 - United Home Calactate 325 mg
DR-XY26932 - United Home Calactate 650 mg

Trusted Quality Healthcare