

**Presentation:**

Calcin-M[®] tablet: Each film coated tablet contains calcium carbonate BP 1500mg equivalent to 600mg elemental calcium, vitamin-D3 200 IU as cholecalciferol BP, magnesium (as magnesium oxide) 40mg, zinc(as zinc oxide) 7.5mg, copper (as cupric oxide) 1mg, manganese (as manganese sulphate) 1.8mg, boron (as boron citrate) 250mcg.

Description:

Calcium, vitamin-D and magnesium are the macro-nutrients for bone. Clinical trial shows that calcium is essential for the prevention and treatment of osteoporosis and bone fracture. Without vitamin-D very little calcium is absorbed from the GI tract. Magnesium also increases bone strength and rigidity. Some micro-nutrients like copper, manganese, zinc and boron play important roles in bone health.

Indications:

1. To maintain strong and healthy bone and teeth as well as health of heart muscles and nerves.
2. Constant regeneration of bone and also indicated for bone development.
3. Prevention and treatment of osteoporosis and postmenopausal osteoporosis.
4. As adjunct treatment to asthmatics to prevent steroid induced osteoporosis.
5. For prevention and treatment of calcium and vitamin-D deficiency.
6. As nutritional supplement in pregnancy and lactation.

Dosage & Administration:

1 tablet twice daily, preferably 1 tablet in the morning and 1 tablet in the evening with a full glass of water or as directed by the physician. It is best taken with or just after a meal to improve absorption.

Side-Effects:

The use of calcium supplements has rarely given rise to mild gastro-intestinal disturbances, such as constipation, flatulence, nausea, gastric pain, diarrhea. Following administration of vitamin-D supplements occasional skin rash has been reported. Hypercalciuria, and in rare cases hypercalcaemia have been seen with long-term treatment at high dosages.

Precautions:

Patients with mild to moderate renal failure or mild hypercalciuria should be supervised carefully. Periodic checks of plasma calcium levels and urinary calcium excretion should be made in patients with mild to moderate renal failure and mild hypercalciuria.

Pregnancy and Lactation:

It should be used as directed by the physician during pregnancy and lactation.

Contraindication:

Hypersensitivity to any of the tablet ingredients. Absolute contraindications are hypercalcaemia, primary hyperparathyroidism, malignant bone diseases, sarcoidosis and vitamin-D overdoses, severe renal failure.

Drug Interaction:

The risk of hypercalcaemia should be considered in patients taking thiazide diuretics. Calcium can reduce the absorption of thyroxine, sodium fluoride, quinolone or tetracycline antibiotics or iron. Concomitant treatment with phenytoin or barbiturates can decrease the effect of vitamin-D because of metabolic activation. Concomitant use of glucocorticoids can decrease the effect of vitamin-D therapy may be required to avoid hypercalcaemia when calcium carbonate is used as a phosphate binder in chronic renal failure.

Overdosage:

Symptoms of overdose may include nausea and vomiting, severe drowsiness, dry mouth, loss of appetite, metallic taste, stomach cramps, unconsciousness, diarrhea, weakness, headache, constipation, dizziness or irritability.

Storage:

Store in a cool and dry place, away from direct light. Keep out of reach of children.

Commercial Pack:

Calcin-M[®] tablet:

- Each commercial box contains 5x8's blister strips film coated tablets.
- Plastic container of 30 film coated tablets.

Further information is available on request.

[®]Trade Mark

Manufactured by :
Ziska Pharmaceuticals Ltd. For
RENATA LIMITED
Mirpur, Dhaka, Bangladesh

