

# Calex-D

Calcium 500 mg & Vitamin D3 200 IU

## Composition:

**Calex-D Tablet:** Each film coated tablet contains Calcium carbonate USP 1250 mg equivalent to 500 mg elemental Calcium. Vitamin D<sub>3</sub> 200 IU as Cholecalciferol USP.

## Indications and Uses:

Calcium is indicated for the following diseases:

- Prevention and treatment of osteoporosis
- As nutritional supplement
- Pregnancy and Lactation
- Osteomalacia
- Calcium and Vitamin-D<sub>3</sub> deficiency

## Pharmacology:

Calcium is used as a pharmacological agent in humans almost entirely to remedy deficiency. Adequate calcium in the blood is so vital to a wide variety of bodily functions that our internal biochemistry will not tolerate a deficiency even for short periods. Clinical evidence suggests that calcium is useful for the prevention and treatment of osteoporosis and associated fractures. Vitamin-D is also essential for health bones as it aids in calcium absorption from the GI tract. In addition to this stimulates bone formation. Clinical studies show that calcium and vitamin-D has synergistic effects on bone growth as well as in osteoporosis and fracture prevention.

## Dosage and Administration:

Once or twice daily according to deficiency.

## Contraindications:

Hypersensitivity to any of the tablet ingredients. Absolute contraindication are hypercalcaemia resulting for example from myeloma, bone metastasis, or other malignant bone diseases, sarcoidosis, severe renal failure etc.

## Drug Interactions:

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

## Side Effects:

Less serious side effects may include:

- An irregular heartbeat;
- Nausea;
- Dry mouth;
- Constipation;
- Weakness;
- Headache;
- A metallic taste in your mouth;
- Muscle or bone pain;
- Drowsiness.

## Use in Pregnancy and Lactation:

During pregnancy and lactation treatment should always be under the direction of doctor. During pregnancy and lactation requirement of Calcium and Vitamin D<sub>3</sub> are increased but in deciding on the required supplementation allowances should be made for availability of these agents from other sources.

## Storage Conditions:

Store below 30°C in a dry place. Protected from light & moisture. Keep all medicines out of the reach of children.

## How Supplied:

**Calex-D Tablet:** Each box containing 3x10's in Alu-PVC Blister pack or 30's in pot.



Manufactured by:  
**GUARDIAN**  
Healthcare Ltd.  
Amtola, Zirabo, Ashulia  
Dhaka, Bangladesh.