

Calbo Forte

COMPOSITION

Calbo ® Forte : Each effervescent tablet contains Calcium Lactate Gluconate 1000 mg, Calcium Carbonate BP 327 mg, Ascorbic Acid (Vitamin-C) BP 500 mg and Vitamin-D (as Vitamin-D3) BP 400 I.U.

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. Vitamin-C is an essential component of the diet as humans cannot synthesize Vitamin-C. It is a very powerful reducing agent and plays an important part in the response of the body to stress. It is important in the defense against infections. Vitamin-D is also essential for healthy bones as it aids in calcium absorption from the GI tract. In addition to this it 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.

INDICATION

Indicated in - As an adjunct to specific therapy for osteoporosis; Increased demand for Calcium, Vitamin-C and Vitamin-D, e.g. pregnancy, lactation, periods of rapid growth (childhood, adolescence), in old age; During infectious disease and convalescence; Treatment of calcium, vitamin-C & vitamin-D deficiency; Osteoporosis; Premenstrual syndrome; Postmenopausal problems; Adjuvant in colds and influenza

DOSAGE AND ADMINISTRATION

Adults and children of school age : 1 effervescent tablet daily

Children 3 to 7 years

: ½ effervescent tablet daily

Infants

: As

prescribed by the physician

Dissolve one tablet in half glass (100 ml) of water.

CONTRAINDICATION

Hypercalcemia

Severe renal failure

Iron overload

Vitamin-D overdosage

Larger doses may lead to gastrointestinal tract upset

Bone metastasis or other malignant bone disease

Glucose - 6 - phosphate dehydrogenase deficiency

Severe hypercalciuria

Patients with hyperoxaluria

Sarcoidosis

Primary hyperparathyroidism

PRECAUTION & WARNING

For patients with mild hypercalciuria (exceeding 300 mg = 7.5 mmol/24 hours), with mild or moderate impairment of renal function or with a history of urinary concrements, monitoring of calcium excretion in the urine is required. If necessary, the dosage should be reduced or therapy should be discontinued.

Since citrate salts have been reported to increase aluminium absorption, this preparation which contains citric acid as a constituent, should be used with caution in patients with severely impaired renal function, especially those receiving aluminium-containing preparations.

SIDE EFFECT

In rare case, mild gastrointestinal disturbances (bloating, diarrhea) can occur. In predisposed patients prolonged treatment with high doses may promote the formation of calculi in the urinary tract. Following administration of vitamin-D supplements occasional skin rash has been reported. Hypercalciuria and in rare cases hypocalcaemia have been seen in long term treatment with vitamin-D at high doses.

DRUG INTERACTION

The risk of hypercalcemia should be considered in patients taking thiazide diuretics since these drugs can reduce urinary calcium excretion. Hypercalcemia must be avoided in digitalised patients. Certain foods (e.g. those containing oxalic acid, phosphate or phytinic acid) may reduce the absorption of calcium. Concomitant therapy with phenytoin or barbiturates can decrease the effect of vitamin-D because of metabolic activation. The effect of digitalis and other cardiac glycosides may be accentuated with the oral administration of calcium combined with vitamin-D. Calcium salts may reduce the absorption of thyroxine, bisphosphonates, sodium fluoride, quinolone or tetracycline antibiotics or iron. It is advisable to allow a minimum period of 4 hours before taking the calcium.

USE IN PREGNANCY AND LACTATION

During pregnancy and lactation treatment with Calbo ® Forte should always be under the direction of a physician. During pregnancy and lactation, requirements for calcium and vitamin-D are increased but in deciding on the required supplementation allowances should be made for availability of these agents from other sources. Overdoses of vitamin-D have shown teratogenic effects in pregnant animals. Vitamin-D and its metabolites pass into the breast milk.

OVERDOSAGE

The most serious consequence of acute or chronic overdose is hypercalcemia due to vitamin-D toxicity. Symptoms include nausea, vomiting, polyuria and constipation. Chronic overdose can lead to vascular and organ calcification as a result of hypercalcemia. Treatment should consist of stopping all intakes of calcium and vitamin-D and rehydration.

STORAGE

Store at a cool and dry place. Protect from light and moisture. Keep out of reach of children. Keep the container tightly closed.

HOW SUPPLIED

Calbo ® Forte Effervescent Tablet : Tube containing 10 effervescent tablets.