

# Calboplex

Calcium+Vitamin-D+Multimineral Tablet

#### Composition:

**Calboplex®:** Each film coated tablet contains Calcium Carbonate BP 1500 mg equivalent to 600 mg elemental Calcium, Vitamin-D (as Vitamin-D<sub>3</sub>) 200 I.U. as Cholecalciferol BP, Magnesium Oxide BP 66.34 mg equivalent to 40 mg Magnesium, Manganese Sulfate Monohydrate USP 5.54 mg equivalent to 1.8 mg Manganese, Cupric Oxide 1.25 mg equivalent to 1 mg Copper, Boron Citrate 5 mg equivalent 250 mcg Boron and Zinc Oxide USP 9.34 mg equivalent to 7.5 mg Zinc.

**Pharmacology:** Calcium, magnesium and vitamin-D are the macro nutrients for bone. 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 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. Magnesium also increases bone strength and rigidity. Some micro nutrients like copper, manganese, zinc and boron also play important role in bone health.

**Indication:** The well balanced formula helps to maintain strong bones and teeth as well as the health of the heart, muscles and nerves. It is also indicated for bone development and constant regeneration of bone, for the prevention and treatment of osteoporosis, as nutritional supplement, in pregnancy and lactation and also in the deficiency state of calcium and vitamin-D.

**Dosage and Administration:** 1 tablet twice daily, preferably 1 tablet in the morning and 1 tablet in the evening or as directed by the physician. It is best taken with or just after main meals with a full glass of water.

**Contraindication:** Hypercalcemia and hyperparathyroidism, Hypercalciuria and nephrolithiasis, Hypersensitivity to the component of this preparation, Severe renal insufficiency, Concomitant digoxin therapy (requires careful monitoring of serum calcium level)

**Precaution and Warning:** When hypercalcemia occurs, discontinuation of the drug is usually sufficient to return serum calcium concentrations to normal. Calcium salts should be used cautiously in patients with sarcoidosis, renal or cardiac disease, and in patients receiving cardiac glycosides. Patients with a history of stone formation should also be recommended to increase their fluid intake.

**Side Effect:** Orally administered calcium carbonate may be irritating to the GI tract. It may also cause constipation. Hypercalcemia is rarely produced by administration of calcium alone, but may occur when large doses are given to patients with chronic renal failure. Also there may be allergic reactions, irregular heartbeats, nausea, vomiting, decreased appetite dry mouth and drowsiness. Following administration of vitamin-D supplements occasionally skin rash has been reported. Side effects from micro nutrients are rare.

**Drug Interaction:** It has possible interaction with digoxin, antacids containing calcium, aluminum or magnesium, other calcium supplements, calcitriol or other vitamin-D supplements; tetracycline, doxycycline, aminocycline or oxytetracycline etc. So before taking any of these drugs consultations of the physicians are needed.

**Use in Pregnancy and Lactation:** It should be used as directed by the physician during pregnancy and lactation.

**Overdose:** 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 at a cool and dry place protected from light and moisture. Keep out of reach of children. Keep the container tightly closed.

#### How Supplied:

**Calboplex®:** 30 tablets in HDPE container.

Manufactured by :



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