

Caltrate D
PATIENT INFORMATION LEAFLET

Health supplement

This medicine has not been evaluated by the Medicines Control Council. This medicine is not intended to diagnose, treat, cure or prevent any disease.

PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM:

CALTRATE D

Calcium* 300 mg

Vitamin D₃ 100 IU per Tablet

*Contains 750 mg Calcium carbonate equivalent to 300 mg elemental calcium

Read all of this leaflet carefully because it contains important information for you.

CALTRATE D is available without a doctor's prescription. Nevertheless you still need to take CALTRATE D tablets carefully to get the best results from it.

Keep this leaflet. You may need to read it again.

Ask your doctor, pharmacist or other healthcare professional if you need more information or advice.

You must see a doctor if you experience troubling symptoms.

WHAT CALTRATE D CONTAINS:

The active substances are as follows:

INGREDIENTS	Each Tablets contains	% NRV**
Calcium*	300 mg	23.1%
Vitamin D ₃	100 IU	16.7%

* Each CALTRATE D tablet contains 750 mg calcium carbonate equivalent to 300 mg elemental calcium.

**According to the nutrient reference values regulations published 1 March 2010.

The other ingredients are magnesium stearate, mannitol, orange flavor, prosweet powder, sorbitol, sugar, silicon dioxide, stearic acid and dye FD & C yellow no 6, CI no. 15985.

Contains Sugar

WHAT CALTRATE D IS USED FOR:

CALTRATE D is a calcium supplement for children from 4 years and adults who are not receiving adequate calcium in their diets.

Calcium is necessary for the normal development and maintenance of healthy, strong bones and teeth.

Vitamin D₃ helps the body to absorb and utilise calcium.

BEFORE YOU TAKE CALTRATE D:

Do not take CALTRATE D:

- if you are hypersensitive (allergic) to calcium carbonate, vitamin D₃ or any of the other ingredients of CALTRATE D
- if you have greater than normal amounts of calcium in the blood or urine (possibly caused by an overactive parathyroid gland, Vitamin D overdose or certain types of tumours)
- if you have kidney problems or a history of kidney stones
- if you have sarcoidosis (inflammatory disease of the lymph nodes and other organs) or milk-alkali syndrome (caused by excessive intake of milk and antacids).

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Take special care with CALTRATE D:

- If you are diabetic or need to control your sugar
- If you are taking heart medication
- If are suffering from dehydration, diarrhoea, or an electrolyte imbalance
- If you have chronic stomach or intestinal problems
- Allow a three hour interval between taking CALTRATE D and some antibiotics (oral tetracyclines and fluoroquinolones), fluoride, thyroid medication and bisphosphonates (medicines used to treat high calcium levels in the blood)
- Avoid taking high doses of Vitamin D or Vitamin A while taking CALTRATE D.

Taking CALTRATE D with food and drink:

CALTRATE D must be taken 1 to 1½ hours after meals with a full glass of water or juice. Do not take CALTRATE D within 1 to 2 hours of taking other medicine or eating large amounts of fibre-containing foods such as bran, whole-grain cereals, foods containing oxalic acid (e.g. spinach and rhubarb) or breads. These foods as well excessive alcohol, caffeine or tobacco can reduce calcium absorption.

Pregnancy and Breast-feeding:

CALTRATE D may be taken during pregnancy and breastfeeding. If you are pregnant or breastfeeding, please consult your doctor, pharmacist or other healthcare professional for advice.

Driving and using machinery:

CALTRATE D should not affect your ability to drive or use machinery.

Important information about some of the ingredients of CALTRATE D:

If you have been told by your doctor that you have intolerance to some sugars, contact your doctor before taking CALTRATE D. CALTRATE D contains sucrose which may have an effect on the control of your blood sugar if you have diabetes mellitus.

Lactose free, Preservative free, Gelatin free.

Taking other medicines with CALTRATE D:

Always tell your healthcare professional if you are taking any other medicine. (This includes complementary or traditional medicines)

Taking large amounts of alcohol or caffeine-containing beverages or excessive use of tobacco can reduce the absorption of calcium.

Tell your doctor or pharmacist if you are taking any of the following medicines:

- Cardiac glycosides or calcium channel blockers (heart medicines)
- Antibiotics (tetracyclines or fluoroquinolones)
- Medicines to treat high blood calcium levels e.g. bisphosphonates, cellulose sodium phosphate, potassium and sodium phosphates
- Calcitonin (medicine used to treat high bone turnover such as Paget's disease of the bone)
- Other medicines containing calcium or magnesium
- Oestrogens
- Thiazide diuretics (medicines to increase excretion of water)
- Corticosteroids e.g. cortisone, prednisone containing medicines
- Vitamin A or Vitamin D containing supplements / medicines

HOW TO TAKE CALTRATE D:

Do not share medicines prescribed for you with any other person.

Always take CALTRATE D exactly as your doctor has instructed you. You should check with your doctor or pharmacist if you are unsure.

The usual dose is

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Adults and children from 12 years: Chew or suck one to three CALTRATE D tablets daily, unless your doctor prescribes a different dose.

Children from 4 – 11 years: Chew or suck one tablet daily, unless your doctor prescribes a different dose.

Chew the tablets completely before swallowing with a full glass of water or juice.

Take the tablets 1 to 1½ hours after meals.

Do not take CALTRATE D within 1 to 2 hours of taking other medicine or eating large amounts of fibre-containing foods such as bran, whole-grain cereals, foods containing oxalic acid (e.g. spinach and rhubarb) or breads. These foods as well excessive alcohol, caffeine or tobacco can reduce calcium absorption.

If you take more CALTRATE D than you should:

In the event of overdose, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control center.

Early signs of overdose include: constipation; dry mouth; continuing headache; increased thirst; irritability; loss of appetite; mental depression; metallic taste; unusual tiredness or weakness.

Late signs of overdose include: confusion, drowsiness, high blood pressure, increased sensitivity of eyes or skin to light, irregular, fast or slow heartbeat, nausea and vomiting, unusually large amount of urine or increased frequency of urination.

If you forget to take CALTRATE D:

Take the missed dose as soon as possible and then go back to your regular dosing schedule. Do not take a double dose to make up for forgotten individual doses.

POSSIBLE SIDE EFFECTS:

CALTRATE D can have side effects.

Frequent: Metallic taste, constipation, nausea and vomiting, diarrhoea.

Less frequent: Stomach cramps, increased thirst, raised calcium levels in the blood, alkalosis, kidney stones, milk-alkali syndrome, difficult or painful urination, frequent urge to urinate, drowsiness.

Frequency not known: Belching, muscle weakness, increased calcium levels in the urine, abdominal distention, flatulence and nephrolithiasis

Not all side effects reported for CALTRATE D are included in this leaflet. Should your general health worsen or if you experience any untowards effects while taking CALTRATE D, please consult your doctor, pharmacist or other healthcare professional for advice.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

STORING AND DISPOSING OF CALTRATE D:

Keep all medicines out of the reach and sight of children.

Store at or below 25°C.

Store in the original container and keep the container tightly closed.

Do not store in the bathroom.

Do not use after the expiry date stated on the label.

Return all unused medicine to your pharmacist.

Do not dispose of unused medicines in drains or sewerage systems (e.g. toilets).

PRESENTATION OF CALTRATE D:

CALTRATE D is available in plastic containers containing 30 orange flavoured chewable tablets.

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IDENTIFICATION OF CALTRATE D:

Pillow shaped, orange tablets, with an odour and flavour of orange. Engraved on one side with milk bottle surrounding an oval which contains an interlocking script 'LL', plain on the reverse side.

NAME AND ADDRESS:

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