

### Composition

**Dimcal-D Tablet:** Each film coated tablet contains 1250 mg of Calcium Carbonate BP (from Eggshell Source) equivalent to 500 mg of elemental Calcium and 200 IU as Vitamin D<sub>3</sub> BP.

**Dimcal-DX Tablet:** Each film coated tablet contains 1500 mg of Calcium Carbonate BP (from Eggshell Source) equivalent to 600 mg of elemental Calcium and 400 IU as Vitamin D<sub>3</sub> BP.

### Pharmacology

Calcium plays a very important role in the body. It is necessary for normal functioning of bone, nerve cells, muscle, and other vital organs and the regulatory system of the body. If there is not enough calcium in the blood, then the body will take Calcium from bones, thereby weakening bones and triggers different types of bone disorder. Vitamin D<sub>3</sub> helps the body to absorb Calcium. Having the right amounts of Calcium and Vitamin D<sub>3</sub> is important for building and keeping strong bones and healthy muscles.

### Indication

Calcium and Vitamin D<sub>3</sub> is used for the treatment of:

- Bone loss (osteoporosis)
- Weak bones (osteomalacia, osteopenia)
- Rickets
- Decreased activity of the parathyroid gland (hypoparathyroidism)
- Latent tetany (certain muscle disease)

To ensure adequate Calcium and Vitamin D<sub>3</sub>, it may also be used in certain conditions such as:

- Pregnancy and lactation
- Post-menopausal osteoporosis
- Senile osteoporosis
- Drug like- Phenytoin, Phenobarbital or Prednisolone type drug may induce osteoporosis

### Dose & Administration

a) *Route of Administration:* Oral

One tablet in the morning and one tablet at night or as directed by the physician.

### Contra-indication

- Hypercalcemia and hyperparathyroidism
- Hypercalciuria and nephrolithiasis
- Hypersensitivity to the component of this preparation
- Severe renal insufficiencies
- Concomitant digoxin therapy (requires careful monitoring of serum Calcium level)

### Precaution & Warning

When hypercalcemia occurs, discontinuation of the drug is required. Patients with a history of kidney stone formation should also be recommended to increase their fluid intake.

### Side Effects

a) *Common:* Generally, orally administered Calcium Carbonate may be irritating to the GI tract and it may also cause constipation but eggshell Calcium is safe for long-term use without causing any GI discomfort or constipation.

b) *Rare:* Kidney stone, hypercalcemia, alkalosis, loss of appetite.

### Use in Pregnancy & Lactation

It should be used as directed by the physician during Pregnancy and Lactation.

### Use in Children & Adolescents

It should be used as directed by the physician.

### Drug Interaction

a) *With Medicine:* It has possible interaction with digoxin, antacids containing Calcium, aluminum or magnesium, other Calcium supplements, calcitriol, tetracycline, doxycycline, aminocycline or oxytetracycline etc. So while taking Calcium tablet with any of these drugs consultations of the physicians is needed.

b) *With food & others:* The intestinal uptake of Calcium may be reduced by concomitant ingestion of certain foods (e.g. spinach, milk and milk products).

### Overdose

Symptoms of overdose may include nausea and vomiting, dry mouth, loss of appetite, metallic taste, diarrhea, weakness, headache, irritability or dizziness etc.

### Storage

Store below 30°C. Protect from light and moisture. Keep all medicines out of reach of children.

### Packing

**Dimcal-D Tablet:** Each box contains 30 (3x10's) tablets in Alu-PVDC blister pack.

**Dimcal-DX Tablet:** Each box contains 30 (3x10's) tablets in Alu-PVDC blister pack.