

Onecal-M

Calcium, Vitamin-D₃ & Minerals

Composition

Onecal-M Tablet: Each film coated tablet contains Calcium Carbonate USP 1500 mg (eq. to elemental calcium 600 mg); Cholecalciferol (Vit-D₃) USP 5 mcg; Magnesium Hydroxide USP 95.98 mg (eq. to elemental Magnesium 40 mg); Zinc Sulphate Monohydrate USP 20.584 mg (eq. to elemental Zinc 7.5 mg); Manganese Sulphate Monohydrate USP 5.538 mg (eq. to elemental manganese 1.8 mg); Boron Citrate Ph. Gr. 4.623 mg (eq. to elemental Boron 0.25 mg); Copper Sulphate anhydrous USP 2.512 mg (eq. to elemental copper 1 mg).

Pharmacology

Calcium is an essential element and plays vital roles in the body. It helps body's framework stronger by building bone. Calcium is useful for 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. Calcium and vitamin-D has synergistic effects on bone growth as well as in osteoporosis and fracture prevention.

Indication

- Osteoporosis, rickets, osteomalacia, tetany and hypoparathyroidism
- In kidney disease and pancreatitis
- During therapy with antiseizure medications
- Calcium and vitamin D deficiency

Dose and Administration

a) *Route of administration:* Oral

- **Adults:** elderly and children above 12 years of age: 2 tablets per day, preferably one tablet each morning and evening.
- **Children:** Not recommended for children under 12 years.

Contraindication

Hypercalcaemia resulting for example from myeloma, bone metastases or other malignant bone disease, sarcoidosis; primary hyperparathyroidism and vitamin D over dosage.

Warning & Precaution

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

Side Effects

a) *Common:* The use of calcium supplements has given rise to mild gastro-intestinal disturbances, such as constipation, flatulence, nausea, gastric pain, and diarrhea. Following administration of vitamin D supplements occasional skin rash has been reported.

b) *Rare:* Hypercalcaemia have been seen with long term treatment at high dosages.

Use in Pregnancy & Lactation

During pregnancy and lactation treatment should always be under the direction of a physician. During pregnancy and lactation, requirements for calcium and vitamin D are increased. If calcium iron supplements are both required to be administered to the patient, they should be taken at different times. Overdoses of vitamin D have shown teratogenic effects in pregnant animals.

Use in Children & Adolescents

Not recommended for children under 12 years.

Drug Interaction

a) *With medicine:* It has possible interaction with Calcium, Aluminium or Magnesium containing Antacids & other Calcium supplements, Calcitriol & other Vitamin D3 supplements; Digoxin, Tetracycline, Doxycycline, Minocycline or Oxytetracycline.

b) *With food & others:* No adequate data has been found.

Overdose

The most serious consequence of acute or chronic overdose is hypercalcaemia. Symptoms include nausea, vomiting, polyuria, and constipation.

Storage

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

Packing

Onecal-M Tablet: Each box contains 3 Alu-PVDC blister of 10 tablets.



Manufactured by

ONE PHARMA LTD.

C-23-24, BSCIC I/A

Bogura, Bangladesh

LF0020

OCM Rev.03