

Richcal-D® & DX®

Calcium Carbonate (eggshell source) & Vitamin D₃

COMPOSITION :

Richcal-D® Tablet : Each film-coated tablet contains Calcium Carbonate BP (eggshell source) 1250 mg equivalent to 500 mg of elemental Calcium and (Cholecalciferol) Vitamin D3 USP 200 IU.

Richcal-DX® Tablet : Each film-coated tablet contains Calcium Carbonate BP (eggshell source) 1500 mg equivalent to 600 mg of elemental Calcium and (Cholecalciferol) Vitamin D3 USP 400 IU.

DESCRIPTION :

Richcal-D® & DX® is the combination of Calcium Carbonate and Vitamin D3, where Calcium is obtained from European eggshell source. Along with Calcium it contains small amounts of essential salts and minerals including Magnesium, Phosphorus & Strontium for bone development. It is 100% natural, highly digestible (98%), more absorbable and environment friendly form of Calcium. It enriches the organic matrix of bones by helping the fixation of Calcium and increases bone density. It also contains soluble transport proteins for a maximum absorption compared with other Calcium sources. Its absorption rate is higher than that of Algae, Coral or Rock-based Calcium.

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 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 D3 helps the body to absorb Calcium. Having the right amounts of Calcium and Vitamin D3 is important for building and keeping strong bones and healthy muscle.

INDICATIONS :

Calcium and Vitamin D3 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 D3. 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 : Oral One tablet in the morning and one tablet at night.

OR AS DIRECTED BY THE PHYSICIAN.

CONTRAINDICATIONS :

- 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)

WARNING & PRECAUTIONS :

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 :

Common Side Effects : 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.

Rare Side Effects : 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 AND ADOLESCENTS :

It should be used as directed by the physician.

DRUG INTERACTION :

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.

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

STORAGE :

Store in a dry & cool place below 30° C temperature and Keep away from light & moisture Keep out of the reach of children.

PACKING :

Richcal-D® Tablet : Each box contains 3 X 10's tablets in Alu-PVDC blister pack within PET-LDPE pillow pack.

Richcal-DX® Tablet : Each box contains 3 X 10's tablets in Alu-PVDC blister pack within PET-LDPE pillow pack.



Manufactured by

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