

*Only for the use of Medical Professionals*

## **Acical-M<sup>®</sup>**

Calcium + Vitamin D + Minerals tablet

### **Description**

Nutrition is the most important strategy to prevent osteoporosis and other bone related diseases. Calcium, magnesium and Vitamin D are the macro nutrients for bone. Without vitamin D very little calcium is absorbed. Like calcium, magnesium increases bone strength and rigidity. Recent epidemiological studies show that some micro nutrients like copper, manganese, zinc and boron play an important role in bone health. Deficiency of the micro nutrients is noticed in patients with osteoporosis.

### **Indications & Uses**

- Prevention and treatment of osteoporosis
- To maintain strong bone growth and teeth
- For proper functioning heart, muscle and nerves
- As nutritional supplement
- For bone development and constant regeneration of bone
- Pregnancy & lactation
- Deficiency state of calcium, vitamin D, magnesium, zinc, copper, manganese & boron

### **Dose & Administration**

2 tablets per day, preferably 1 tablet in the morning and 1 tablet in the evening.

### **Side effects**

The use of calcium supplements has, rarely, given rise to mild gastro-intestinal disturbances, such as constipation, flatulence, nausea, gastric pain, diarrhoea. Following administration of vitamin D supplements occasional skin rash has been reported. Hypercalciuria, and in rare cases hypocalcaemia have been seen with long term treatment at high dosages. Side-effects from micronutrient are rare.

### **Precautions**

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.

### **Pregnancy and 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 but in deciding on the required supplementation allowances should be made for availability of these agents from other sources.

### **Contraindications**

Hypersensitivity to any of the tablet ingredients. Absolute contraindications are hypercalcaemia resulting for example from myeloma, bone metastases or other malignant bone disease, sarcoidosis; primary hyperparathyroidism and vitamin D overdose. Severe renal failure.

**Drug interactions**

It has possible interaction with digoxin, antacids containing calcium, aluminium or magnesium, other calcium supplements, calcitriol or other vitamin D supplements; tetracycline, doxycycline, minocycline or oxytetracycline etc. So before taking any of these drugs with Acical-M®, suggestions of the physicians are needed.

**Overdose**

The most serious consequences of acute or chronic overdose is hypercalcaemia.

**Pharmaceutical precautions**

Should be stored in cool place (below 30°C) and dry place. Keep out of reach of children.


**Presentation**

Acical-M® Tablet: A light orange color, vanilla flavor, oblong film coated tablet, break line on one side & another side engraved with ACI. Each tablet contains Colecalciferol (as vitamin D3) 200 IU, Calcium (as Calcium Carbonate) 600 mg, Copper (as Cupric oxide) 1 mg, Magnesium (as Magnesium Oxide) 40 mg, Manganese (as manganese Sulphate) 1.8 mg, Zinc (as Zinc Oxide) 7.5 mg, Boron (as Boron Citrate) 0.25 mg.

**Package quantities**

Acical-M® Tablet: Each container contains 30 tablets.

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