**Presentation**

FizyCal-M: Each effervescent tablet contains Calcium Lactate Gluconate 1358 mg and Calcium Carbonate BP 1050 mg equivalent to 600 mg of elemental Calcium and Vitamin D3 400 IU as Cholecalciferol USP and Multiminerals

### Description

Adequate Calcium in the blood is so vital to a wide variety of bodily functions that our internal biochemistry will not tolerate a deficiency even for short periods. Clinical evidence suggests that

Calcium is useful for the 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. Clinical studies also show that Calcium and Vitamin D have synergistic effects on bone growth as well as in Osteoporosis and fracture prevention.

### Indications

- In the treatment and prevention of Calcium and Vitamin-D deficiency

- In the treatment and prevention of osteoporosis as an adjunct to other specific therapy

Dosage & Administration

Adolescents and adults: 1 tablet once or twice a day
Children: 1 tablet once a day
Dissolve FizyCal-D® effervescent tablet in a glass of water and drink immediately. Do not swallow or chew the tablet.

### Side Effects

- Very rare: Serious Allergic reaction such as swelling of the face, lips, tongues, and throat
- Rare: Hypercalcemia, Hypercalciuria
- Common (less serious): Nausea, Vomiting, Diarrhea, Abdominal pain, constipation, flatulence, bloating, itching, redness/ burning of the skin

### Precautions

Patients with a history of renal stones urinary calcium excretion should be measured to exclude Hypercalciuria. During long-term administration of FizyCal-M regular blood and urine calcium levels, as well as kidney function, should be monitored regularly. Consultation with a physician should be required while using other Calcium and Vitamin-D preparation, having a previous history of kidney disorders and certain lung diseases e.g., Sarcoidosis/ Besnier-Boeck disease.

### Use in Pregnancy & Lactation

FizyCal-M effervescent tablets can be used during pregnancy, in case of a calcium and vitamin D deficiency. However, for supplementation starting during the third trimester of pregnancy, the daily intake should not exceed 1500 mg calcium and 1000 IU vitamin D. FizyCal-M effervescent tablets can be used during breastfeeding.

### Drug Interaction

FizyCal-M can interact with certain medications if taken at the same time. Physician advocacy should be required while using cardiac glycosides, thiazide diuretics, or corticosteroids. In the case of oral bisphosphonates and sodium fluoride, the drug should be taken at least 3 hrs later of administration of these drugs. FizyCal-D® should be taken 1 to 2 hrs before or 4 to 6 hrs after taking certain medications e.g. Tetracycline, cholestyramine, or laxatives.

### Over Dose

Symptoms of overdose may include nausea and vomiting, extreme thirst, and constipation. The most serious consequence of acute chronic overdose is hypocalcemia due to Vitamin D toxicity.

### Storage

Store FizyCal-M in a cool and dry place and protect it from light and moisture. Keep out of reach of children. Keep the container tightly closed.

### Commercial Pack

FizyCal-M: Each tube contains 10 effervescent tablets.