

APOCAL-DM

Calcium + Vitamin D₃ + Multimineral

Tablet

DESCRIPTION

Apocal-DM is a preparation of calcium with Vitamin D₃ and 5 minerals (Copper, Magnesium, Manganese, Zinc and Boron). **Apocal-DM** is a complete formulation for bone health. Calcium is the most abundant mineral in the body, major fraction is in bone. It is also essential for the functional integrity of the nervous and muscular system, for normal cardiac function, for cell permeability and for blood coagulation. It also functions as an enzyme cofactor and affects the secretory activity of endocrine and exocrine glands. It also helps with lowering cholesterol, muscular growth, the prevention of muscle cramps; helps with protein structuring in DNA and RNA. It provides energy, breaks down fats and helps to keep the skin healthy.

Vitamin D maximizes calcium and phosphorus absorption, reduces the excretion of calcium through kidney and helps in bone mineralization.

5 minerals are also helpful for the development of healthy bone. Magnesium increases bone strength and rigidity, Zinc helps in the formation of bone tissue, Copper needs for normal bone synthesis, Manganese helps in skeletal development and Boron helps reduce loss of calcium.

COMPOSITION

Apocal-DM : Each tablet contains elemental Calcium 600 mg USP (as Dibasic Calcium Phosphate Anhydrous & Calcium Carbonate Heavy), Vitamin D 200 IU USP (as Dry Vitamin D₃), Copper 1 mg Ph Gr. (as Cupric Oxide), Magnesium 40 mg USP (as Magnesium Oxide Heavy), Manganese 1.8 mg USP (as Manganese Sulfate), Zinc 7 mg USP (as Zinc Oxide) and Boron 250 mcg USP (as Sodium Borate).

INDICATION

APOCAL-DM (Calcium + Vitamin D₃ + Multimineral) is used in

- **To prevent calcium deficiency** in people who don't get enough calcium from their diets
- **To treat or prevent conditions caused by low calcium levels** such as bone loss (osteoporosis), weak bones (osteomalacia, rickets), decreased activity of parathyroid gland (hypoparathyroidism), and a certain muscle diseases (latent tetany)
- **In certain conditions/states where enough calcium supply is necessary like** pregnancy, lactation, post-menopausal, old age and taking certain medications such as phenytoin, or prednisone
- **To fulfill the raised calcium requirement for children and adolescents at times of rapid growth**
- **In disorders of osteogenesis and tooth formation** (in addition to specific treatment)
- **To reduce premenstrual symptoms of fluid retention, pain and negative effect**
- **Reduces hip fracture, nonvertebral fracture and increase bone density in elderly people**

DOSAGE AND ADMINISTRATION

APOCAL-DM better to take with or following meals to enhance absorption with a large glass of water. Calcium supplements requirement varies with age and relatively greater in childhood, pregnancy, and lactation, due to an increased demand; in old age, due to impaired absorption; and in deficiency states like, in osteoporosis. Maximum level of Calcium is 2.5 g/day.

To prevent Calcium deficiency :

Adults : 1-2 **APOCAL-DM** tablet daily or as directed by the Physician.

Children : Half of the adult dose

To prevent osteoporosis/Adjunct to osteoporosis therapy : 1 **APOCAL-DM** tablet 1-3 times daily.

CONTRAINDICATION

Apocal-DM is contraindicated in-

i. Known hypersensitivity to any of the ingredients. ii. hypercalcaemia, and hypercalciuria iii. renal calculi iv. hyperthyroidism, hypophosphataemia, and Zollinger-Ellison syndrome v. vitamin D over dosage

PRECAUTION

Apocal-DM (Calcium+Vitamin D₃+Multimineral) should be used with caution in i. renal impairment ii. concomitant administration of Vitamin D, cardiac glycosides (Digoxin) or Thiazide diuretics iii. cardiac diseases, sarcoidosis, achlorhydria, disease of the pancreases, malabsorption syndrome

IN PREGNANCY AND LACTATION

Although Calcium requirement is usually increased during pregnancy and lactation even then Calcium can be given only if clearly needed and under the direction of Physician.

SIDE EFFECT

Constipation, flatulence, abdominal pain, alkalosis. High doses or prolong use may lead to gastric hypersecretion or hypercalcaemia. Symptoms of mild hypercalcaemia are anorexia, nausea, vomiting, dry mouth, thirst or polyuria. Following administration of vitamin D supplements occasional skin rash has been reported. Side effects from micronutrients are rare.

DRUG INTERACTION

Thiazide diuretics, Vitamin D: hypercalcaemia has occurred. **Bran** : decreases the absorption of Calcium. **Corticosteroids** : reduce Calcium absorption. **Digitalis glycosides** : Calcium enhances the effects of digitalis. **Atenolol** : bioavailability of Atenolol is decreased. **Iron** : absorption of Iron may be reduced. **Biphosphonates, Fluride, Fluoroquinolones, Tetracyclines** : Calcium reduce their absorption. **Phenytoin or barbiturates, glucocorticoids** : Decrease the effect of vitamin D.

STORAGE

Store in cool dry place and away from light. Keep out of the reach of children.

HOW SUPPLIED

APOCAL-DM Tablet (30 tablets) : Plastic container contains 30 Tablets

APOCAL-DM Tablet (15 tablets) : Plastic container contains 15 Tablets



Manufactured by
Apex Pharma Ltd.
Shafipur, Gazipur