

APOCAL

Calcium

500 mg Tablet

DESCRIPTION

APOCAL is the preparation of Calcium. Calcium is the most abundant mineral in the body, major fraction is in bone. It is 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.

Calcium is absorbed mainly from the small intestine by active transport and passive diffusion. Usually about one-third of ingested calcium is absorbed although this can vary depending upon dietary factors, the state of small intestine, calcium deficiency states, vitamin D, physiological requirement stages such as during childhood or pregnancy and lactation.

COMPOSITION

APOCAL-500 Tablet □ : Each tablet contains Calcium carbonate USP equivalent to 500 mg of Calcium.

INDICATION

APOCAL (Calcium) is used

- 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 pheytoin, 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 phosphate absorption from gut in patients with hyperphosphataemia, particularly in renal failure as well as those on continuous ambulatory peritoneal dialysis (CAPD) and haemodialysis
- To reduce premenstrual symptoms of fluid retention, pain and negative effect
- For short term relief of dyspeptic symptoms

DOSAGE AND ADMINISTRATION

APOCAL 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 : 500 mg (1 APOCAL-500 tablet) 1-2 times daily.

To prevent osteoporosis/Adjunct to osteoporosis therapy : 1000 mg to 1500 mg/day

(1 APOCAL-500 tablet 1-3 times daily).

As phosphate binder in hyperphosphataemia : Dose required by the individual patient depending on serum calcium and phosphate level. Usually dose of Calcium Carbonate is 2.5 g daily titrated to a maximum of 17 g daily.

CONTRAINDICATION

APOCAL is contraindicated in i. patients with known hypersensitivity to Calcium carbonate or Calcium ii. hypercalcaemia, and hypercalciuria iii. renal calculi iv. hyperthyroidism, hypophosphataemia, and Zollinger-Ellison syndrome.

PRECAUTION

APOCAL (Calcium) 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.

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. Bisphosphonates, Fluoride, Fluoroquinolones, Tetracyclines : Calcium reduce their absorption.

STORAGE

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

HOW SUPPLIED

APOCAL-500 Tablet □ : Box containing 5 x10's tablet in Alu-PVC strips.



Manufactured by
Apex Pharma Ltd.
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