

# Calaid-D Plus

## COMPOSITION

Calaid-D Plus Tablet: Each film coated tablet contains Calcium Carbonate 500 mg, Vitamin D<sub>3</sub> 200 IU, Magnesium 100 mg, Copper 0.5 mg, Zinc 10 mg, Boron 2 mg and Manganese 3 mg.

## DESCRIPTION

Calaid-D Plus tablet is an absolute bone health formula with more than half a dozen key nutrients. Calcium decreases the rate of bone loss from the femoral neck, the spine and the total body. Since calcium is a nutrient, not a drug, the positive effects of supplemental calcium are most pronounced among women with low to moderate calcium intake.

Vitamin D<sub>3</sub> helps the body to absorb calcium which helps to reduce age-related bone loss and bone fractures related to osteoporosis.

Magnesium helps the body to absorb both calcium and vitamin D<sub>3</sub>. It also helps to synthesize proteins. Low magnesium status has been associated with postmenopausal osteoporosis.

Copper keeps bones free from thinning. Fifty percent of the total copper content in the body is in the bones and muscles.

Zinc is a part of an antioxidant enzyme that helps to prevent cellular destruction, which can cause problems with bone growth and maturation.

Boron works with magnesium and vitamin D<sub>3</sub> to enhance calcium absorption and helps to maintain calcium levels in the body.

Manganese, in combination with other trace minerals, helps to prevent bone loss and osteoporosis.

## INDICATION AND USES

- Maintain muscle strength
- Strengthen bone, joints and teeth
- Restore calcium and other mineral deficiency
- Boost embryo and fetus health during pregnancy
- Management of glucocorticoid induced osteoporosis
- Prevention & treatment of osteoporosis and postmenopausal osteoporosis

## DOSAGE AND ADMINISTRATION

Orally 1 tablet twice a day after meal or as directed by the healthcare professional.

## CONTRAINDICATION

Patients with known hypersensitivity to any of the tablet ingredients. Absolute contraindications are hyperparathyroidism, renal calculi, malignant bone diseases, sarcoidosis, and severe renal failure.

**PRECAUTION**

If there is any pre-existing heart disease or kidney disease, precautions should be taken.

**SIDE EFFECTS**

Calcium salts may cause mild gastrointestinal side effects such as constipation, flatulence, nausea, abdominal pain & bloating. Hypocalcaemia & in rare cases hypercalciuria have been seen with long term intake of calcium at high doses. Side effects from micronutrients are rare.

**USE IN PREGNANCY AND LACTATION**

Recommended in pregnancy and lactation.

**DRUG INTERACTIONS**

The risk of hypercalcaemia is increased if calcium salts are given with thiazide diuretics as these drugs reduce urinary calcium excretion. The effects of digitalis glycosides on the heart are enhanced by calcium. Calcium salts may reduce the absorption of fluoride, some fluoroquinolones, tetracyclines and iron.

**STORAGE**

Store in a cool and dry place, away from light & moisture, Keep all medicines out of reach of children.

**PACKING**

Calaid-D Plus Tablet: Each box contains 2 x 15's Tablets in blister pack.

Imported & Marketed by



Banasree, Dhaka-1219, Bangladesh