

PATIENT INFORMATION LEAFLET

Adcal-D₃[®] Dissolve 1500mg/400IU Effervescent Tablets

Calcium carbonate and Colecalciferol

In this leaflet:

1. What these tablets do
2. Check before you take...
3. How to take these tablets
4. Possible side effects
5. Storing your medicine
6. Further information

Read all of this leaflet carefully before you start taking this medicine

- Keep this leaflet. You may need to read it again.
- If you have further questions, please ask your doctor or pharmacist.
- This medicine has been prescribed for you. Do not pass it on to others. It may harm them, even if their symptoms are the same as yours.
- If any of the side effects get serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

1. What these tablets do

Adcal-D₃ Dissolve contains calcium and vitamin D₃ which are both essential for healthy bones and teeth. Adcal-D₃ Dissolve provides extra calcium and vitamin D₃ to your diet. It is therefore used in conditions where your body's calcium and vitamin D levels need to be increased.

Adcal-D₃ Dissolve can be prescribed by doctors for certain bone conditions, for example, osteoporosis.

Studies show that taking calcium and vitamin D₃ over a long time can prevent hip and other non vertebral bone fractures in later life.

2. Check before you take

X Do not take if you:

- Are allergic (hypersensitive) to calcium carbonate, vitamin D₃ or any of the other ingredients in Adcal-D₃ Dissolve (see Section 6 Further Information)
- Are allergic to peanut or soya. Adcal-D₃ Dissolve contains soya oil.

? Take special care:

Tell your doctor or pharmacist if you:

- Have high levels of calcium in your blood (hypercalcaemia) or high levels of calcium in your urine (hypercalciuria). If you are unsure your doctor will advise you
- Have problems with your kidneys, for example kidney stones
- Have sarcoidosis (inflammation that produces lumps of cells in various organs in the body). If you are unsure your doctor will advise you
- Have previously been told by your doctor that you have an intolerance to some sugars
- Are taking any other medication, even those you may have bought for yourself without prescription.
- Have diabetes mellitus or require a low-sugar diet, each tablet contains 1.672mg of sucrose.

! Taking other medicines with Adcal-D₃ Dissolve

Tell your doctor if you are taking calcium supplements or antacids for indigestion, digitalis drugs (eg. Lanoxin), diuretics or corticosteroids.

If you are taking thyroxine, bisphosphonates, iron or fluoride medicines, tetracycline or quinolone antibiotics make sure your doctor knows this. When taking these medicines leave a period of about 4 hours before taking your Adcal-D₃ Dissolve tablets. Do not take them at the same time.

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines including medicines taken without a prescription.

Pregnancy and breast-feeding

In pregnancy or when breast feeding, Adcal-D₃ Dissolve should only be used under medical supervision. Ask your doctor or pharmacist for advice before taking any medicine.

Important information about some of the ingredients of Adcal-D3 Dissolve

- The tablets contains a small amount of sugar and may be harmful to the teeth if used for a prolonged period
- If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicine
- Adcal-D₃ Dissolve contains soya oil. If you are allergic to peanut or soya, do not use this medicine.
- This medicine contains 52 mg of sodium per tablet. To be taken into consideration by patients on a controlled sodium diet.

3. How to take your tablets

Always take Adcal-D₃ Dissolve exactly as your doctor has told you. You should check with your doctor or pharmacist if you are not sure.

Adults, elderly and children over 12 years of age - 2 tablets daily, ideally one taken in the morning and one tablet in the evening. Dissolve one tablet in a glass of water (approximately 200ml) and drink immediately, do not chew or swallow the tablets whole.



Children under 12 – Adcal-D₃ Dissolve must not be given to children under 12 years.

If you take more Adcal-D₃ Dissolve than you should - You should only take what your doctor recommends. If you take too many Adcal-D₃ Dissolve tablets contact your doctor or pharmacist if you can do so. If not, go to the nearest hospital casualty department immediately, taking the Adcal-D₃ Dissolve pack and remaining tablets with you.

If you forget to take Adcal-D₃ Dissolve - If you forget to take your tablet, take it as soon as possible and continue to take the tablets as normal. Do not take a double dose to make up for a forgotten tablet.

If you stop taking Adcal-D₃ Dissolve - Always talk to your doctor or pharmacist before stopping Adcal-D₃ Dissolve.



If you have any further questions on the use of this product, ask your doctor or pharmacist.



4. Possible side effects

Like all medicines, Adcal-D₃ Dissolve can have side effects, although not everybody gets them.

Rare side effects (affecting fewer than 1 in 1,000 people)

- Constipation, wind, feeling sick, stomach ache, diarrhoea

- Skin rash
- Hypercalcaemia (too much calcium in your blood) and hypercalciuria (too much calcium in your urine).

If you are on long term treatment your doctor may, from time to time wish to check the level of calcium in your blood and take urine samples to monitor kidney function.

If any of the side effects worsen, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

5. Storing your medicine

- Keep out of the sight and reach of children
- Do not store above 25°C
- Keep the container tightly closed
- Do not use Adcal-D₃ Dissolve after the expiry date (Exp) which is stated on the tube/label. The expiry date refers to the last day of that month.
- Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

6. Further information

- Each tablet contains 1500 mg calcium carbonate (equivalent to 600 mg calcium) and 400 iu vitamin D₃ (equivalent to 10 µg of colecalciferol). It also contains citric acid anhydrous, malic acid, sodium hydrogen carbonate (E500), sodium cyclamate (E953), lemon flavour (BSL Code 119: containing lemon oil, lime flavouring, sorbitol (E420), mannitol (E421), gluconolactone, maltodextrin, and acacia), sodium carbonate anhydrous (E500), maltodextrin, and saccharin sodium (E954). The dry vitamin D₃ type 100 CWS contains α-tocopherol, hydrogenated soyabean oil, gelatin, sucrose and maize starch.
- The tablets are white, round and lemon flavoured
- Adcal-D₃ Dissolve is provided in tubes containing 14 effervescent tablets, and is supplied in cartons of 4 tubes (total of 56 effervescent tablets).

Marketing Authorisation Holder:

ProStrakan Limited
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Manufacturer:

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Additional information

If you have been prescribed Adcal-D₃ Dissolve effervescent tablets for the treatment or prevention of osteoporosis and would like further information you should speak to your doctor or contact the National Osteoporosis Society on 0845 1303076. The National Osteoporosis Society is a national charity dedicated to offering advice, information and support to all osteoporosis sufferers and those at risk of the disease.

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