

Calcilife syrup

Calcium syrup 200 ml



PROLIFE
P H A R M A

- Read all of this leaflet carefully before you start using Calcilife syrup.
- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This product 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.

- You are taking other drugs containing calcium or vitamin D.
- You have poor kidney function or high tendency of renal stone formation
- You are immobilized with osteoporosis

Other medicines and Calcilife syrup

Tell your doctor or pharmacist if you are taking, have recently taken or might take any medicines, even non-prescription medicines. Your dosage may need to be adjusted.

The effect of the treatment can be affected if this product is taken simultaneously with certain other drugs against:

- Heart problems (cardiac glycosides such as digoxin)
- High blood pressure (thiazide diuretics)
- High cholesterol (cholestyramine)
- Constipation (laxatives such as liquid paraffin)
- Epilepsy (phenytoin or barbiturates)
- Inflammatory conditions/suppression of immunity (corticosteroids)

The absorption of the following products can be affected by taken this product simultaneously:

- Bisphosphonates for the treatment of osteoporosis, should be taken at least 1 hour before you take Calcilife syrup.
- Quinolones and tetracyclines for the treatment of an infection, should be taken 2 hours before or six hours after taking Calcilife syrup.
- Sodium fluoride to prevent dental caries, should be taken at least 3 hours before taking Calcilife syrup.
- Levothyroxine for the treatment of hypothyroidism, should be taken at least four hours separated from the intake of Calcilife syrup.

Pregnancy & breast-feeding

During pregnancy the daily intake should not exceed 1500 mg calcium and 600 IU vitamin D (= 15 mcg). Calcilife syrup is therefore not recommended during your pregnancy. However, Calcilife syrup can be used during pregnancy, in case of a calcium and vitamin D deficiency. Ask your doctor for advice concerning the dosage you need.

You can use Calcilife syrup during breast-feeding. Calcium and vitamin D3 pass over into breast milk. This should be considered when giving additional vitamin D to your child.

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking any medicine.

Calcilife syrup contains sorbitol and sucralose

If you have been told by your doctor that you have intolerance to some sugars, contact your doctor before taking this product.

3. HOW TO TAKE CALCILIFE SYRUP

Always take Calcilife syrup exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

Calcilife syrup is mostly meant for patients with need of

In this leaflet:

1. What Calcilife syrup is and what it is used for
2. What you need to know before you take Calcilife syrup
3. How to take Calcilife syrup
4. Possible side effects
5. How to store Calcilife syrup
6. Contents of the pack and other information

1. WHAT IS CALCILIFE SYRUP AND WHAT IT IS USED FOR

Calcium Syrup belongs to a group of supplements called calcium and vitamin-mineral supplements. It is used to prevent and treat calcium and vitamin D3 deficiency, and can be used during the treatment of osteoporosis, when a risk of deficiency of calcium and vitamin D3 is suspected.

Calcilife syrup contains calcium and vitamin D3 which are both important components for the formation of bone. Vitamin D3 regulates the uptake and metabolism of calcium as well as the incorporation of calcium in bone tissue.

Ask your doctor, pharmacist or other health care professional if you have further questions and always follow their instructions.

2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE CALCILIFE SYRUP

Do not take Calcilife syrup if:

- you are allergic (hypersensitive) to the active substances or any of the other ingredients of Calcilife syrup (listed in section 6).
- you have increased levels of calcium in your blood (hypercalcaemia) or in your urine (hypercalciuria)
- you have increased levels of vitamin D in your blood (hypervitaminosis D)
- you have kidney stones, have severe kidney problems (kidney failure) or have calcium depositions in the kidneys.

Warnings and precautions

Talk to your doctor or pharmacist before taking Calcilife syrup if:

- you suffer from sarcoidosis (a special type of connective tissue disease that affects the lungs, skin and joints).

additional vitamin D, but still have an adequate dietary intake of calcium per day. Dietary supplements should not replace a varied diet. A healthy lifestyle and a varied balanced diet is important for maintaining good health.

Dosage

Children: 1-2 years: 1 teaspoon (5 ml), 2 times per day
Children: 3-12 years: 1 teaspoon (5 ml), 2- 3 times per day
Adults: 2 tablespoons (15 ml), 2 times per day

Do not exceed the recommended daily dosage.

Shake well before each use.

Free from alcohol, artificial colors and gluten

If you take more Calcilife syrup than you should

If you may have taken more Calcilife syrup than you should, talk to your doctor or pharmacist immediately. Some symptoms of overdose are loss of appetite, thirst, abnormal increased urine secretion, nausea, vomiting and constipation.

If you forget to take Calcilife syrup

If you miss a dose of Calcilife syrup, take it as soon as possible. If it is almost time for your next dose, skip the missed dose and go back to your regular dosing schedule. Do not take 2 doses at once.

4. POSSIBLE SIDE EFFECTS

Like all supplements, Calcilife syrup can cause side effects, although not everybody gets them. Do check with your health care professional if any of the following side effects continue, or if you are concerned about them

The following side effects have been reported:

- increased calcium levels in your blood (hypercalcaemia): symptoms you can experience are feeling or being sick, feeling thirsty, passing water more frequently, loss of appetite, stomach pain, bone pain, muscle weakness, drowsiness, confusion.
- Increased levels of urine calcium (hypercalciuria)
- Constipation
- Flatulence
- Nausea
- Abdominal pain
- Pruritis, rash and urticaria
- diarrhoea

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet.

5. HOW TO STORE CALCILIFE SYRUP

Keep Calcilife syrup out of the reach of children. Do not use Calcilife syrup after the expiry date which is stated on the label. The expiry date refers to the last day of the month. Store Calcilife syrup at room temperature (do not store above 25°C). Store away from heat, moisture, and light. Do not store in the bathroom.

Do not throw away any product via wastewater or household waste. Ask your pharmacist how to throw away food supplements you no longer use. These measures will help to protect the environment.

6. CONTENTS OF THE PACK AND OTHER INFORMATION

What Calcilife contains

ACTIVE INGREDIENTS

Calcilife syrup 200 ml		
Calcium syrup	Per 10ml	per 200ml
Calcium	300 mg	6000 mg
Magnesium	150 mg	3000 mg
Zinc	6 mg	120 mg
Vitamin B6	800 mcg	16 mg
Vitamin D3	5 mcg	100 mcg

Calcium carbonate corresponding to calcium 300 mg per 10 ml, Zinc oxide, Magnesium hydroxide, Cholecalciferol 5 mcg corresponding to 200 IU Vitamin D3 per 10 ml, Pyridoxine hydrochloride (Vitamin B6).

Other ingredients:

Water Thickener: Sorbitol, flavouring, acidulate: Citric acid, stabiliser : Xanthan gum, preservative : Potassium sorbate, emulsifier: Polysorbate 80, sweetener: Sucralose, colorant: Riboflavin 5 phosphate.