

### In this leaflet:

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

### Read leaflet carefully before you start taking this medicine

- Keep this leaflet. You may want 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 gets 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-D<sub>3</sub> contains calcium and vitamin D<sub>3</sub> which are both essential for healthy bones and teeth. Adcal-D<sub>3</sub> provides extra calcium and vitamin D<sub>3</sub> to your diet. It is therefore used in conditions where your body's calcium and vitamin D levels need to be increased.

Adcal-D<sub>3</sub> can be prescribed by doctors for certain bone conditions, for example, osteoporosis.

Studies show that taking calcium and vitamin D<sub>3</sub> 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 D<sub>3</sub> or any of the other ingredients in Adcal-D<sub>3</sub> Chewable Tablets (see Section 6 Further Information)
- Are allergic to peanut or soya. Adcal-D<sub>3</sub> 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). Your doctor will be able to tell you if you do.
- 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.

### **!** Taking other medicines with Adcal-D<sub>3</sub>

Tell your doctor if you are taking calcium supplements or antacids for indigestion, digitalis drugs (e.g. 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-D<sub>3</sub> 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-D<sub>3</sub> 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-D<sub>3</sub>

- The tablets contain a small amount of sugar and may be harmful to the teeth if used for a prolonged period
- Adcal-D<sub>3</sub> contains soya oil. If you are allergic to peanut or soya, do not use this medicine.

### 3. How to take the tablets

Always take Adcal-D<sub>3</sub> 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 tablet taken in the morning and one in the evening. Adcal-D<sub>3</sub> tablets should be chewed. Do not swallow whole.

**X Children under 12** – Adcal-D<sub>3</sub> must not be given to children under 12 years.

**If you take more Adcal-D<sub>3</sub> than you should** - You should only take what your doctor recommends. If you take too many Adcal-D<sub>3</sub> tablets contact your doctor or pharmacist if you can do so. If not, go to the nearest hospital casualty department immediately, taking the Adcal-D<sub>3</sub> pack and remaining tablets with you.

**If you forget to take Adcal-D<sub>3</sub>** - 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-D<sub>3</sub>** - Always talk to your doctor or pharmacist before stopping using Adcal-D<sub>3</sub>.

**?** 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-D<sub>3</sub> can cause 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) or 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 effect not listed in this leaflet, please tell your doctor or pharmacist.

### 5. Storing your medicine

- Keep out of the reach and sight of children.
- Do not store above 25°C.
- Keep the container tightly closed.
- Do not use Adcal-D<sub>3</sub> after the expiry date that is printed on the carton label has passed.
- 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 D<sub>3</sub> (equivalent to 10 µg of colecalciferol). It also contains xylitol (E967), modified maize starch, sodium saccharin (E954), magnesium stearate, 'Tutti-Frutti' flavouring and propylene glycol (E1520, as a constituent of the flavouring). The dry vitamin D<sub>3</sub> type 100 CWS contains DL $\alpha$ -tocopherol, edible fats (including soya oil), gelatin, sucrose and corn starch
- The tablets are white, flat faced and circular in shape
- Adcal-D<sub>3</sub> tablets are provided in packs of 56 or 112 tablets.

**Marketing Authorisation Holder:**

ProStrakan Limited  
Galabank Business Park  
Galashiels  
Scotland  
TD1 1QH

**Manufacturer:**

Biokirch GmbH  
21220 Seevetal  
Germany

**Additional information**

If you have been prescribed Adcal-D<sub>3</sub> Chewable 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.

**This leaflet was last approved in 01/2008**