

Ostogen® Plus EF

Calcium, Vitamin D & Minerals

Description

In this formulation, Calcium is blended with Vitamin D₃, Magnesium, Manganese, Copper, Zinc and Boron to prevent Osteoporosis and other bone related diseases. Calcium magnesium and vitamin D are the micronutrients for bone. Without vitamin D very little calcium is absorbed. Like calcium, magnesium increases bone strength and rigidity. Recent epidemiological studies show that some micro nutrients like copper, manganese, zinc and boron play important roles in bone health.

Composition

Each Tablet Contains Boron Ph. Gr 0.25 mg + Calcium USP 600 mg + Copper Ph. Gr 1 mg + Magnesium BP 40mg + Manganese BP 1.8 mg + Vitamin D₃ BP 400 IU + Zinc BP 7.5 mg.

Indications

Treatment of osteoporosis, rickets, osteomalacia, tetany and hypoparathyroidism. In Pregnancy and lactation due to increase demand. During therapy with antiseizure medications. The prevention and treatment of calcium deficiency/vitamin D deficiency/ micro nutrients like copper, manganese, Magnesium, zinc or boron deficiency especially in the housebound and institutionalized elderly subjects.

Dosage & administration

2 tablets per day, preferably one tablet in the morning and one tablet in the evening.

Contraindications

Hypersensitivity to any of the tablet ingredients. Absolute contra-indications are hypercalcaemia resulting for example from myeloma, bone metastases or other malignant bone disease, sarcoidosis; primary hyperparathyroidism and vitamin D overdosage and in severe renal failure.

Side effects

The use of calcium supplements has rarely given rise to mild gastro-intestinal disturbances, such as constipation, flatulence, nausea, gastric pain, diarrhoea.

Use in pregnancy & lactation

During pregnancy and lactation treatment should always be under the direction of a physician. During pregnancy and lactation, requirements for calcium, vitamin D and minerals are increased but in deciding on the required supplementation allowances should be made for availability of these agents from other sources.

Precautions

Patients with mild to moderate renal failure or mild hypercalciuria should be supervised carefully. Periodic checks of plasma calcium levels and urinary calcium excretion should be made in patients with mild to moderate renal failure or mild hypercalciuria.

Drug interactions

Calcium can reduce the absorption of tetracycline and fluoride preparations, and an interval of at least 3

hours should therefore be allowed between ingestion of these medications. At high doses in combination with Vitamin D, calcium may decrease the response to verapamil and possibly to other calcium antagonists. In digitalized patients, high doses of calcium may increase the risk of cardiac arrhythmias.

Over dosage

The most serious consequence of acute or chronic overdose is hypercalcaemia due to vitamin D toxicity. Symptoms include nausea, vomiting, polyuria, and constipation. Chronic overdoses can lead to vascular and organ calcification as a result of hypercalcaemia.

Storage

Keep out of reach of children. Store in a dry place, below 25°C temperature and protected from light.

Packaging

Ostogen® Plus EF Effervescent Tablet: Each container contains 1X14 tablets.



Manufactured by
Opsonin Pharma Limited
Rupatali, Barishal, Bangladesh.
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