

PACKAGE LEAFLET: INFORMATION FOR THE USER

CALCIUMVITAC

260 mg/500 mg effervescent tablets

CALCIUM/ASCORBIC ACID

• This leaflet is a copy of the Summary of Product Characteristics and Patient Information Leaflet for a medicine, which outlines the conditions under which the medicine should be used and information on its known safety • The product information may be updated several times within its shelf life, and there could be differences between the version of information shown here and other information in the public domain or in the package insert • This leaflet may not contain all the information about the medicine or the information may not be the most up to date version for this product • If you have any questions or are not sure about anything, ask your doctor or pharmacist • Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

• Keep this leaflet • You may need to read it again • If you have any further questions, ask your doctor or pharmacist • This medicine has been prescribed for you only • Do not pass it on to others • It may harm them, even if their signs of illness are the same as yours • If you get any side effects, talk to your doctor or pharmacist • This includes any possible side effects not listed in this leaflet •

What is in this leaflet?

1. What CalciumvitaC is and what it is used for
2. Before you take CalciumvitaC
3. How to take CalciumvitaC
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1. WHAT CALCIUMVITAC IS AND WHAT IT IS USED FOR

Vitamin C is used to enhance the body's natural immune system in infectious diseases and colds, in exhaustion and during convalescence.

Calcium is an important electrolyte in the body. It is a cell and bone component and regulates many bodily functions. It reduces the swelling of the nasal mucous membrane and thereby the amount of discharge.

A combination of calcium and vitamin C protects the body against infections, boosts the immune system and is beneficial during colds.

CalciumvitaC effervescent tablets are recommended:

- as an adjunct in the treatment of cold and flu,
- if there is an increased demand for calcium and vitamin C (during periods of rapid growth, in old age and during convalescence),
- in low dietary intake of calcium and vitamin C.

2. BEFORE YOU TAKE CALCIUMVITAC

Do not take CalciumvitaC

- if you are allergic (hypersensitive) to the active substances or any of the other ingredients of CalciumvitaC;

- if you have increased calcium levels in the blood (hypercalcaemia) or in the urine (hypercalciuria), or if you are prone to the formation of kidney stones.

Take special care with CalciumvitaC

CalciumvitaC effervescent tablets are not recommended for use in children under 7 years of age.

Children over 7 years of age and adolescents under 14 years of age should take the medicine only on the advice of a doctor.

Diabetic patients can take CalciumvitaC effervescent tablets but they should bear in mind that each effervescent tablet contains 1.975 g sugar and that high doses of vitamin C may interfere with some methods of urinary glucose determination.

Patients with high blood pressure should be aware that each effervescent tablet contains 0.275 g sodium.

Taking other medicines

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

CalciumvitaC interacts with some medicines, which can result in increased or decreased effects of either CalciumvitaC or the other medicine.

Calcium slows the absorption of tetracyclines and fluoride. Therefore, an interval of 3 hours should be observed when these agents are used concomitantly with CalciumvitaC.

Vitamin C reduces the effect of medicines used to prevent blood clotting (e.g. warfarin).

Taking CalciumvitaC with food and drink

CalciumvitaC should preferably be taken between meals to ensure the best absorption of calcium.

Pregnancy and breast-feeding

Ask your doctor or pharmacist for advice before taking any medicine.

Pregnant women and breast-feeding mothers should take this medicine only on the advice of a doctor.

Driving and using machines

CalciumvitaC has no influence on the ability to drive and use machines.

Important information about some of the ingredients of CalciumvitaC

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

CalciumvitaC also contains 0.275 g sodium per dose. This should be taken into account by patients on a sodium-controlled diet.

Azo colour E124 can cause allergic-type reactions.

3. HOW TO TAKE CALCIUMVITAC

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

The usual dose for adults and adolescents over 14 years of age is 1 to 2 effervescent tablets a day; for children aged 7 to 14 years, it is 1 effervescent tablet a day. Dissolve 1 effervescent tablet in 1.5 dl of water.

For the treatment of cold and flu, take the medicine for 1 to 2 weeks.

When there is an increased demand for calcium and vitamin C, take the medicine for 4 to 8 weeks.

Calcium is best absorbed if you take the medicine between meals.

If you take more CalciumvitaC than you should

Consult with your doctor or pharmacist immediately.

An overdose mainly results in mild gastrointestinal disturbances (vomiting, diarrhoea). If this happens, your doctor will reduce your dose.

If you have ingested a large number of tablets, your doctor will determine the appropriate measures of treatment.

If you forget to take CalciumvitaC

Do not take a double dose to make up for a forgotten dose.

If you stop taking CalciumvitaC

You can safely stop taking your medicine when you no longer need it.

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

4. POSSIBLE SIDE EFFECTS

Like all medicines, CalciumvitaC can cause side effects, although not everybody gets them.

Very common: Affects more than 1 user in 10

Common: Affects 1 to 10 users in 100

Uncommon: Affects 1 to 10 users in 1,000

Rare: Affects 1 to 10 users in 10,000

Very rare: Affects less than 1 user in 10,000

Not known: Frequency cannot be estimated from available data

Frequency of side effects listed by individual organ systems:

Gastrointestinal disorders

- **rare:** mild gastrointestinal disturbances.

Investigations

- **uncommon:** high doses of vitamin C may interfere with some methods of urinary glucose determination.

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.

5. HOW TO STORE CALCIUMVITAC

Keep out of the reach and sight of children.

Expiry date

Do not use CalciumvitaC after the expiry date which is stated on the packaging. The expiry date refers to the last day of that month.

Protect from moisture. Do not store above 25°C.

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

What CalciumvitaC contains

- The active substances are calcium and ascorbic acid. Each effervescent tablet contains 260 mg calcium as 327 mg calcium carbonate and 1000 mg calcium lactogluconate, and 500 mg ascorbic acid.
- The other ingredients are sucrose, anhydrous citric acid, sodium hydrogen carbonate, macrogol 4000, saccharin sodium, caramel flavour, citron flavour, bitter flavour (orange and citron flavours and gentian extract), red colour 4R (E124)

What CalciumvitaC looks like and contents of the pack

The effervescent tablets are round, flat tablets with reddish-white dots and lemon smell and flavour.

They are available in boxes of 10 effervescent tablets in a plastic tablet container.

Prescribing information

Available without physician's prescription in pharmacies and specialized stores.

Marketing Authorisation Holder and Manufacturer

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