

For the use of Registered Medical Practitioner or Hospital or Laboratory only

CALCIUM CARBONATE, CALCITRIOL, MECOBALAMIN, FOLIC ACID AND VITAMIN B6 CAPSULES

VivaCaD™

For oral use as a medical food under the supervision
of a medical practitioner only



Description^{1,2,3,4,5,6,7,8,9}

VivaCaD is a soft-gelatin capsule containing Calcium and Calcitriol (Vitamin D3) along with other vitamins used in the prevention and treatment of Osteoporosis and other conditions requiring additional/supplementation of Calcium and/or Vitamin D3, mostly in people above 50 years of age. Vitamin D quantity in body diminishes with age due to decreased dietary intake, decreased vitamin D absorption, decreased sun exposure, decreased skin synthesis of vitamin D, and decreased formation of active vitamin D in the kidney. Many people also become deficient in Calcium due to inadequate intake, especially if not taking dairy products or other good sources of calcium like small fishes. Vitamin B₁₂, Folic Acid and Vitamin B₆ are three nutrients found to be deficient in many elderly persons which play many important roles. Thus supplementation of Vitamin B₁₂, Folic acid and Vitamin B₆ in the elderly population, who are deficient, is advocated.

Composition

Each soft gelatin capsule contains:

Calcium Carbonate IP	500mg
equivalent to elemental Calcium	200 mg
Calcitriol IP	0.25 mcg
Mecobalamin IP	1500mcg
Folic Acid IP	1.5mg
Vitamin B ₆ IP	3 mg

Indications

Therapeutic

- Deficiency of Calcium and/ or Vitamin D^{10,11}:
Deficiency leading to Osteoporosis, Osteopenia, Osteomalacia^{12,13,14,15,16,17}
Secondary Osteoporosis including Steroid use, Post-Menopausal, Endocrine disorders including Diabetes Mellitus^{18,19,20,28,29}
- Thyroid and Parathyroid disorders, Renal Disease including Chronic Kidney Disease/ Failure^{21,22}
- Fracture(s) of bone^{23,24}

Prophylactic:

- Elderly and people above 50 years of age^{25,26}
- Post-menopausal women to prevent osteoporosis^{27,28,29,30}
- Later stage of Pregnancy^{31,32,33,34}
- Dietary Insufficiency^{35,36}

Dosage

1- 2 Capsules daily or as directed by the physician

Warnings and Precautions^{37,38,39}

Not to be taken by people having hypercalcaemia and hypervitaminosis D.

Blood levels of calcium and vitamin D should be monitored and proper precautions taken in case of use in disorders of Thyroid and Parathyroid glands and Renal Osteodystrophy.

Caution to be taken while taking medications known to have interaction with calcium when used concomitantly.

Contraindications^{40,41,42,44,45}

Supplementation of Calcium and Vitamin D₃ is likely to aggravate hypercalcaemia and vitamin D toxicity. Recent studies have shown that excess calcium may increase the risk of myocardial infarction in vulnerable population.⁵ Hence VivaCaD should not be used by people known to be having or at risk of these conditions unless advised by physicians.

Pregnancy & Lactation: Consult your physician when taking VivaCaD during pregnancy & lactation.

Overdose^{40,41,42,43,44,45,46,47}

Gross acute or chronic overdose of VivaCaD is likely to cause symptoms and signs related to overdose of Calcium and Vitamin D.

Immediately consult a Physician or go to a Healthcare Facility in case of accidental overdose.

Symptoms of likely overdose include:

Nausea, vomiting, loss of appetite, constipation, abdominal pain, muscle twitches, weakness, irritability, conjunctivitis, apathy, poor concentration, memory loss, dehydration, thirst, frequent urination, chills, fever, bone pain and weight loss.

Drug Interactions³⁶

Not to be taken along with:

Antibiotics of Tetracycline group, antifungals, anti-retrovirals, calcium channel blockers, digoxin, dapson, eltrombopag, tyrosine kinase inhibitors.

Requires monitoring:

Anti-hypertensives, anti-arrhythmics, anti-diabetics, anti-epileptics, antipsychotics and neuronal inhibitors, antibiotics of cephalosporin, fluoroquinolone, macrolide group, antimalarials, anti-viral agents, bile & pancreatic derivatives, COX-2 inhibitors, iron preparations, chelating agents, sympathomimetic & other CNS stimulants, muscarinic and nicotinic antagonists, thyroid hormones & anti-thyroid agents, chemotherapeutic & targeted therapy agents commonly used against cancers, allopurinol, immune-suppressants, lactulose, isoniazid, bisphosphonates, statins, mineral salts, riociguat, squill, bear berry.

Undesirable Effects^{1,36,40,46}

Gastrointestinal: anorexia, constipation, gastrointestinal discomfort, flatulence, nausea, vomiting.

General Systemic: fatigue, dizziness, headache, increased thirst, anorexia.

Cardiovascular: coronary artery disease, arrhythmia (long term intake of calcium > 600mg/day⁴⁶ and Vitamin D > 10,000 IU/day¹).

Renal: renal stones.

Changes in Blood Parameters: hypercalcemia, hypomagnesaemia, hypophosphatemia.

Allergy: rash, itching and other symptoms of allergy in those having allergy to one or more components.

Special Precautions for Storage

Store in a cool and dry place

Protect from direct sun light

Keep out of reach of children

Shelf Life

24 months from the date of manufacture.

Presentation

1X15 CAPSULES in a blister

™ Trade Mark

Marketed by:



Human Biologicals Institute

(A division of Indian Immunologicals Ltd.)
Rakshapuram, Gachibowli post,
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Manufactured by:

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