

Calcin-O[®]

Calcium Orotate

Presentation: Each tablet contains Calcium Orotate 400mg.

Description: Calcium Orotate is a calcium supplement with a functional amino acid chelating ligand - orotic acid. Orotic acid assists the transport of calcium through cellular membrane structures, thus facilitating the intracellular uptake of calcium, particularly in bone. Calcium Orotate also helps in the maintenance of healthy cartilage. Furthermore, Orotate is involved in the synthesis of DNA (deoxyribonucleic acid) and RNA (ribonucleic acid).

Indications: Calcin-O[®] is used to prevent or treat low blood calcium levels in people who do not get enough calcium from their diets. It may be used to treat conditions caused by low calcium levels such as

- Bone loss (osteoporosis),
- Weak bones (osteomalacia/rickets),
- Decreased activity of the parathyroid gland (hypoparathyroidism), and
- Latent tetany (certain muscle disease)

To ensure adequate calcium, it may also be used in certain conditions such as

- Pregnancy and Lactation
- Post-menopausal Osteoporosis
- Senile Osteoporosis
- Drug (phenytoin, phenobarbital, or prednisone) Induced Osteoporosis
- Inflammatory diseases like arthritis, psoriasis, lupus, spondylitis
- Various cardiovascular ailments, encephalitis, retinitis, phlebitis, colitis, and multiple sclerosis.
- It is also beneficial in reducing the effects of mood swings and is proved to be quite effective in cognitive enhancement.
- Calcium orotate protects the heart by enhancing the efficiency of cardiac muscles.
- Recent studies on calcium orotate indicate its potential to minimize the risk of colon cancer.

Dosage and Administration: As an addition to the daily diet, 2-3 tablets are usually recommended with evening meal or as directed by health care professional.

Contraindications: Calcin-O[®] is contraindicated in conditions like incomplete or infrequent bowel movements, kidney stone, kidney disease, sarcoidosis, increased activity of the parathyroid gland, high amount of calcium in urine, high amount of calcium in the blood, extreme loss of body water.

Precautions: Before taking Calcin-O[®], precaution is needed if the patient has any allergies. This product may contain inactive ingredients, which can cause allergic reactions or other problems. Precaution is needed before using this product in kidney disease, kidney stones, little or no stomach acid (achlorhydria), heart disease, disease of the pancreas, a certain lung disease(sarcoidosis), difficulty absorbing nutrition from food (malabsorption syndrome).

Drug interactions: Calcium can decrease absorption of the following drugs when taken together: biphosphonates(e.g., alendronate), quinolone antibiotics (e.g., ciprofloxacin, levofloxacin), and tetracycline antibiotics (e.g., doxycycline, minocycline), levothyroxine, phenytoin (an anticonvulsant), and tiludronate disodium (to treat Paget's disease). Thiazide-type diuretics can interact with calcium supplements, increasing the risks of hypercalcemia and hypercalciuria. Both aluminum- and magnesium-containing antacids increase urinary calcium excretion. Mineral oil and stimulant laxatives decrease calcium absorption. Glucocorticoids, such as prednisone, can cause calcium depletion and eventually osteoporosis when they are used for months. Oral contraceptives as well as estrogen compounds reduce calcium. Anti-inflammatories such as NSAIDs, Aspirin, Ibuprofen deplete calcium. Corticosteroids deplete calcium.

Side effects: Bloating and swelling in the abdomen are common side effects of calcium orotate. Loss of appetite, upset stomach, constipation, nausea, vomiting, unusual weight loss, mood changes, bone/muscle pain, headache, increased thirst/urination, weakness, unusual tiredness, formation of kidney stones may occur infrequently.

Use in Pregnancy and Lactation: Women who are pregnant and breast-feeding need more calcium. Pregnancy related high blood pressure is a common and serious risk for women and their babies, and taking supplemental forms of calcium orotate can help reduce this risk.

Pharmaceutical precaution: Keep away from light, store in a cool and dry place. Keep out of reach of children.

Packaging: Box containing 3 x 10's Tablets in blister strips.

® Trade Mark
Manufactured by
 **RENATA LIMITED**
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