

Starcal M

Elemental Calcium 600 mg, Vitamin D₃ BP 200 IU,
Magnesium 40 mg, Manganese 1.8 mg, Copper 1 mg,
Boron 250 mcg, Zinc 7.5 mg

Nutrition is the most important to prevent osteoporosis and other bone related diseases. Calcium, Magnesium & Vitamin D₃ are the macronutrients for bone. Without Vitamin D₃ very little Calcium is absorbed. Like Calcium, Magnesium increases bone strength and rigidity. Recent epidemiological studies showed that some micronutrients like Copper, Manganese, Zinc & Boron play an important role in bone health. Deficiency of the micronutrients is noticed in patients with osteoporosis.

COMPOSITION

Each film coated tablet contains Calcium Carbonate BP equivalent to 600 mg elemental Calcium, Vitamin D₃ BP (as Cholecalciferol) 200 IU, Magnesium Oxide BP equivalent to 40 mg Magnesium, Manganese Sulfate Monohydrate BP equivalent to 1.8 mg Manganese, Cupric Oxide equivalent to 1 mg Copper, Boron Citrate equivalent to 250 mcg Boron and Zinc Oxide BP equivalent to 7.5 mg Zinc.

INDICATION

- Prevention and treatment of osteoporosis
- To maintain strong bone growth
- For proper functioning of heart, muscle and nerves
- As nutritional supplement
- For bone development and regeneration of bone
- Pregnancy & lactation
- Deficiency state of Calcium, Vitamin D₃, Magnesium, Zinc, Copper, Manganese & Boron

DOSAGE AND ADMINISTRATION

2 tablets per day, preferably 1 tablet in the morning and 1 tablet in the evening.

SIDE EFFECT

It is generally well tolerated. If there is experience like nausea, vomiting, stomach cramps, dry mouth, increased thirst, increased urination while taking, noticed to physicians. Side effects from micronutrient are rare.

PRECAUTION

If there is any pre-existing heart disease or kidney disease, precautions should be taken.

CONTRAINDICATION

It is contraindicated in case of hypercalcaemia, hyperthyroidism, renal calculi & nephrolithiasis and Zollinger-Ellison Syndrome.

DRUG INTERACTION

It has possible interaction with Calcium, Aluminium or Magnesium containing Antacids & other Calcium supplements, Calcitriol & other Vitamin D₃ supplements; Digoxin, Tetracycline, Doxycycline, Minocycline or Oxytetracycline.

OVERDOSAGE

Symptoms of overdosage may include nausea and vomiting, severe drowsiness, dry mouth, loss of appetite, metallic taste, stomach cramps, diarrhea, headache & constipation.

USE IN PREGNANCY AND LACTATION

This combination should be used as directed by physician during pregnancy or while breast-feeding.

STORAGE CONDITION

Keep in a dry place away from light and heat. Keep out of the reach of children.

HOW SUPPLIED

Each box contains 30 tablets in Alu-PVDC blister pack.

Manufactured by:



NIPRO JMI Pharma Ltd.
Comilla, Bangladesh.