

UHP UNITED HOME®
Calcium Lactate
Calactate®
325 mg Tablet
650 mg Tablet

FORMULATIONS

Each tablet contains:

Calcium Lactate 325 mg or
 650 mg

PRODUCT DESCRIPTIONS

Calcium Lactate 325 mg is a white, modified oval, size 0.267" x 0.590" tablet with "UHP CALACTATE" logo on one side and plain on the other side.

Calcium Lactate 650 mg is a white, modified oval, size 0.300" x 0.662" tablet with "UHP CALACTATE" logo on one side and plain on the other side.

WHAT IS IN THE MEDICINE?

This product contains Calcium. Calcium is the most important structural component of bone - 99 % of the body's Calcium is found in bones. Calcium is required throughout life to build and maintain strong and healthy bones and teeth. Calcium supplementation is vital for the prevention and treatment of Calcium deficiency, osteomalacia (softening of the bones) or osteoporosis (weakening of the bones).

Calcium requirement is highest during adolescence to support optimum bone-formation, rapid longitudinal growth and maximal bone density. Calcium is also essential during pregnancy since the mother transfers Calcium to her infant before birth.

Calcium is also vital for muscle contraction, blood clotting, maintenance of cell membranes, and nerve transmission.

STRENGTH OF THE MEDICINE Please see formulation

WHAT IS THE MEDICINE USED FOR?

- A nutritional supplement used in the management of hypocalcemia and Calcium deficiency states resulting from dietary deficiency or ageing
- Help protect pregnant and lactating mothers against Calcium depletion
- Promote healthy teeth and strong bones to prevent osteoporosis
- Help achieve maximum height by facilitating bone accretion during adolescence
- Facilitate transmission of nerve impulses

HOW MUCH AND HOW OFTEN SHOULD YOU USE THE MEDICINE?

AGE GROUP	RECOMMENDED ORAL DOSE	
	Calcium Lactate 325 mg Tablet	Calcium Lactate 650 mg Tablet
Adults and Children 7 years and older	1-2 tablets once or twice a day	1 tablet once or twice a day
Pregnant and lactating women	2 tablets 3 times a day	1 tablet 3 times a day
Or, as directed by a physician.		

WHEN SHOULD YOU NOT TAKE THIS MEDICINE?

- If you are allergic to any component in the product
- If you have hypercalcemia (excess Calcium in the blood), kidney impairment, or any disease associated with hypercalcemia

ADVERSE EFFECTS

- Minor gastrointestinal disturbances such as bloating, constipation, flatulence, and nausea have been reported with Calcium supplements.

WHAT OTHER MEDICINE OR FOODS SHOULD BE AVOIDED WHILE TAKING THIS MEDICINE?

- Bisphosphonates (e.g., Alendronate, Etidronate, Risedronate) should be taken at least two hours before taking this medicine since Calcium may cause reduced absorption of Bisphosphonates.
- Quinolones (e.g., Ciprofloxacin, Norfloxacin, Levofloxacin, Ofloxacin) should be taken at least three hours before taking this medicine since Calcium may cause reduced absorption of Quinolones.
- Tetracyclines should be taken at least three hours before taking this medicine to avoid reduced absorption of Tetracyclines. Tetracyclines are not recommended in children below 8 years old.
- Concomitant intake of Calcium and foods rich in oxalic acid (e.g., spinach, sweet potatoes, and beans) or phytic acid (unleavened bread, raw beans, seeds, nuts, and grains) may result in decreased Calcium absorption.

WHAT SHOULD YOU DO IF YOU MISS A DOSE?

If you miss a dose, just take the next dose and the subsequent doses at the usual recommended schedule.

Do not double the dose unless recommended by a physician.

HOW SHOULD YOU KEEP THE MEDICINE?

- Keep the product out of reach and sight of children.
- Store at temperatures not exceeding 30°C.
- Always keep container tightly closed.

SIGN AND SYMPTOMS OF OVERDOSAGE

No data available on overdosage when taken in the recommended dose. However, in particularly susceptible individuals (i.e., patients with kidney failure), doses greater than 2 g elemental Calcium per day may cause high levels of Calcium in the urine and lead to kidney stones, which may result to kidney damage.

WHAT TO DO WHEN YOU HAVE USED MORE THAN THE RECOMMENDED DOSAGE

If you have taken more than the recommended dosage, consult a physician.

CARE THAT SHOULD BE TAKEN WHEN TAKING THIS MEDICINE

- Do not use more than the recommended dose unless recommended by a physician.
- Do not use after the expiry date on the label.

WHEN SHOULD YOU CONSULT YOUR PHYSICIAN?

If any adverse effect occurs.

Women who are pregnant should have regular prenatal check-up with their physician.

AVAILABILITY

Plastic Bottle of 100 Tablets

DATE OF REVISION OF PATIENT INFORMATION LEAFLET (PIL)

Manufactured by United Laboratories, Inc.
 66 United Street, Mandaluyong City, Philippines
 for United Home Products
 4th Floor Bonaventure Plaza, Ortigas Avenue
 Greenhills, San Juan City, Philippines

Trusted Quality Healthcare

Reg. IPOPHIL P300000XXXX

ARTWORK SPECIFICATION

COMPANY	PRODUCT	ITEM CODE	COMPONENT/ PACK SIZE	COLOR(S)
ULCH	UNITED HOME CALACTATE 325 mg / 650 mg TABLETS	P300000XXXX	Line PIL	Pantone 273 C
CONTACT PERSON	GENERIC NAME	DR#/HR#/FR#	DIMENSION	KNIFE/GUIDE NO.
Tricia Uy	CALCIUM LACTATE	DRHR-770 / DR-XY26932	140 x 98 mm	none
FONT(S) USED				
ERGOE REGULAR / ERIKAC				

ARTWORK DEVELOPMENT STATUS

ARTWORK DEVELOPMENT STATUS			OTHER INCLUSIONS		
DATE CREATED	DATE REVISED	SERIES OF REV.	PRODUCT SHOT	PHOTO 1	ILLUSTRATION 1
JUNE 22, 2010	APRIL 12, 2011	4	NA	NA	NA
CREATED BY	REVISED BY	NO. OF PRINTS	TALENT	PHOTO 2	ILLUSTRATION 2
			NA	NA	NA

Pantone 273 C