



Calcium, Magnesium, Zinc, Vitamin D3

Description:

This supplement is in tablet form. Each film coated tablet contains, Calcium citrate, equivalent to elemental Calcium 210mg, Vitamin D3 200 IU, Magnesium oxide equivalent to elemental Magnesium 80mg, Zinc sulfate equivalent to elemental Zinc 5mg as an active ingredients, for oral use.

Serving size: 1 F.C tablet	Serving per Container: 30	
Active Ingredients	amount per serving	DV %*
Calcium (as citrate)	210mg	16
Magnesium (as oxide)	80mg	19
Zinc (as sulfate)	5mg	45
Vitamin D3	200I.U	25
Percent Daily Value are based on a 2000 calorie diet.		
Inactive Ingredients: Avicel, croscarmellose, PVP, Titanium dioxide, HPMC, PEG, Talc, Magnesium stearate, Aerosil		

Category:

Supplement

Indications:

To support bone health

Functional Properties:

Calcium, Magnesium, Zinc, Vitamin D3 provide three important minerals and one important vitamins that have been specially formulated to work synergistically for better absorption and efficiency.

Calcium and Magnesium

Play an important role in the development and maintenance of healthy strong bones.

Vitamin D3

Plays an important role in bone growth and strength and prevention of osteoporosis in middle age and old age.

Zinc

Is an essential element needed for a wide range of functions within the body and contributes to the maintenance of a healthy immune system.

Contraindication:

You should NOT take Calcium, Magnesium, Zinc, Vitamin D3 if you:

- Are allergic (hypersensitive) to the active substances or any of the other ingredients of Calcium, Magnesium, Zinc, Vitamin D3.
- Suffer from ventricular fibrillation, kidney stones, hypercalcaemia (high amount of calcium in blood) or hypercalciuria (high amount of calcium in urine), hypophosphatemia (severe deficiency of phosphate) or excessive increase of vitamin D.

Pregnancy and Breastfeeding:

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this

Warnings and Precautions:

This product is a supplement and is not intended for prevention, diagnosis or treatment.

Talk to your physician or pharmacist before taking this supplement if you:

- Have kidney failure.
- Suffer from myasthenia gravis disease.
- Have hypercalcemia and calcium-containing kidney stones.
- Suffer from hypoparathyroidism and are treating with high-dose vitamin D.

Dosage & Administrations:

Always take medicine and supplement exactly as your doctor has told you.

Take one tablet daily with some water and with food.

Swallow the pill and avoid chewing it.

Side effects:

Like other supplements, this product can cause side effects, although they do not appear in the same way in all people. The side effects that may occur with Calcium, Magnesium, Zinc, Vitamin D3:

Abdominal pain, nausea, vomiting, constipation or diarrhea, aggravation of kidney stones and increase calcium levels.

Storage:

Store below 30°C and protect from light and moisture.

Keep out of reach of children.

Marketing authorization holder: Iran Daru Co.

Manufactured at Iran Daru pharmaceutical company

Reference:

BNF-84