

# PRI-CALCIUM TABLETS

Calcium lactate (300mg)

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## What Pri-calcium is used for

As a supplement for pregnant, breast feeding and after menopause women, lack of calcium and conditions requiring increased calcium intake.

## How Pri-calcium works

Calcium is essential for processes in the body, such as nerves, muscle contraction of the heart and body, kidney function, breathing, blood clotting and other roles in the body.

## Before you use Pri-calcium

### - When you must not use it

Do not take Pri-calcium:

- if allergic to calcium lactate or any ingredients in the tablet.
- if you have high calcium levels in the blood, kidney stone and irregular heartbeats.
- Before you start to use it
  - Caution if there is impaired kidney function or history of kidney stone formation.

### - Taking other medicines

Tell your doctor if you are taking:

- antibiotic tetracycline. It is not advisable to take calcium within 1 - 3 hours of tetracyclines.

## How to use Pri-calcium

### - How much to use

Adult: oral, one to two tablets three times daily with meals, or as required.

Follow all directions given by your doctor and pharmacist carefully. They may differ from information in this leaflet. If you do not understand the instructions on the label, ask your doctor or pharmacist for help.

### - When to use it

Tablets to be taken with food. It is not advisable to take calcium within 1 - 3 hours of tetracyclines.

### - How long to use it

Continue taking Pri-calcium for as long as your doctor recommends.

### - If you forget to use it

Consult your doctor or pharmacist on what you should do if you forget to use it. Take the missed dose as soon as you remember. If it is almost time for your next dose, wait until then to take the medicine and skip the missed dose. Do not take a double dose to make up for the missed dose.

### - If you use too much (overdose)

Contact your doctor immediately or go to the Emergency Department of your nearest hospital, if you think you or anyone else may have taken too much of this medicine. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention. Large doses may cause severe constipation, abdominal pain, muscle weakness, confusion and kidney stones.

## While you are using Pri-calcium

### - Things you must do

Take your medicine exactly as your doctor has told you. Tell the doctor, dentist and pharmacist treating you that you are taking Pri-calcium. Tell the doctor immediately if you are pregnant while taking this medicine.

### - Things you must not do

Do not stop taking the medicine unless advised by your doctor. Do not take any new medicines without consulting your doctor or pharmacist. Do not give Pri-calcium to anyone else, even if they have the same symptoms or condition as you.

### - Things to be careful of

It should not be taken for prolonged periods without medical advice.

## Side effects

Constipation, gastrointestinal disturbances and chalky taste may occur.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by visiting the website [npa.gov.my](http://npa.gov.my) [Consumers→ Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)].

## Storage and Disposal of Pri-calcium

### - Storage

Store in cool, dry place below 30°C. Protect from light. Keep out of reach of children.

### - Disposal

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required.

## Product description

### - What it looks like

White, round and top-scored tablet.

### - Ingredients

- Active ingredient: calcium lactate
- Inactive ingredients: lactose monohydrate, cornstarch, polyvinylpyrrolidone, magnesium stearate, strawberry flavour and microcrystalline cellulose.

### - MAL number:

MAL19912089X

## Manufacturer and Product Registration Holder

Prime Pharmaceutical Sdn. Bhd.  
1505, Lorong Perusahaan Utama 1  
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