

KALNATE CHEWABLE TABLETS 500MG

Calcium Carbonate (500mg)

What is in this leaflet:

1. What KALNATE CHEWABLE TABLETS 500MG is used for
2. How KALNATE CHEWABLE TABLETS 500MG works
3. Before you use KALNATE CHEWABLE TABLETS 500MG
4. How to use KALNATE CHEWABLE TABLETS 500MG
5. While you are using it
6. Side Effects
7. Storage and Disposal of KALNATE CHEWABLE TABLETS 500MG
8. Product Description
9. Manufacturer and Product Registration Holder
10. Date of Revision

What KALNATE CHEWABLE TABLETS 500MG is used for

It is used as an antacid (to neutralize acid in the stomach) and may be given to individuals receiving kidney dialysis to remove the phosphate from the blood that cannot be removed by dialysis. It is also used as a source of calcium for the treatment or prevention of calcium deficiency.

How KALNATE CHEWABLE TABLETS 500MG works

KALNATE CHEWABLE TABLETS 500MG works by providing calcium source if your diet or lifestyle does not provide enough calcium, or when body requirements for calcium are increased.

Before you use KALNATE CHEWABLE TABLETS 500MG

- When you must not use it

- If you have ventricular fibrillation (disturbance of heart rhythm) or hypercalcemia (high blood calcium level)
- If you are allergic to calcium carbonate or any of the other ingredients of KALNATE CHEWABLE TABLETS 500MG

- Before you start to use it

You must tell your doctor if:

- you have allergies to any medicine which you have taken previously to treat your current condition.

- you are pregnant, planning for pregnancy or breast-feeding before using any medicine.

- Taking other medicines

Tell your doctor if you are taking any of these medicine:

- Digitalis glycosides (medicine used to treat certain heart conditions)
- Tetracyclines (antibiotics)
- Phenytoin (medicine used for prevention of seizure)
- Thiazide diuretics (medicine used to increase urine production)

Tell your doctor if you are taking any other medicines, including any that you buy without a prescription from a pharmacy, supermarket or health food shop.

How to use KALNATE CHEWABLE TABLETS 500MG

Take this medicine only by mouth. The tablets can be chewed or sucked.

- How much to use

Adults:

Hypocalcemia (low level of calcium in blood):

1000-2500mg elemental calcium per day in divided doses (500mg tablet contains 200mg elemental calcium).

Hyperphosphatemia (high level of phosphate in blood):

Stage 3 to 5 chronic kidney disease, total dose of elemental calcium from all sources (ie. Dietary and calcium-based phosphate binder) not to exceed 2000mg/day.

Stage 5 chronic kidney disease, total dose of elemental calcium from calcium-based phosphate binder not to exceed 1500mg/day.

Antacid: 500mg (1 tablet) three to four times a day after meals.

- When to use it

Used as directed by your doctor or pharmacist. Because the rate and/or extent of absorption of other oral

medications may vary when used concurrently with calcium supplements, especially calcium carbonate, patients should be advised not to take any other oral medications within 1 to 2 hours of calcium supplements.

- How long to use it

Continue use KALNATE CHEWABLE TABLETS 500MG for the duration that the 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.

While you are using it

- Things you must do

- Take your medicine exactly as your doctor has told you.
- Tell all the doctors, dentists and pharmacists treating you that you are taking KALNATE CHEWABLE TABLETS 500MG.
- Tell your doctor immediately if you become pregnant while taking this medication.
- Contact your doctor if your symptoms worsen or they do not improve.

- 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 KALNATE CHEWABLE TABLETS 500MG to anyone else, even if they have same symptoms or condition as you.
- Things to be careful of
- The risk of increased amount of acid in the stomach due to high doses or prolonged use must be considered when calcium carbonate is being used for neutralize acid in the stomach
 - Calcium salts should be given cautiously to patients with kidney disease, heart disease or inflammatory disease.
 - These tablets contain lactose and mannitol. Patients with sugar intolerance is not recommended to take this tablet.

Side Effects

Like all medicines, KALNATE CHEWABLE TABLETS 500MG can cause side effects, although not everybody gets them. The following side effects may happen with this medicine:

- Constipation and stomach ache, or flatulence (wind).
- Using too much for a long period can increase the chance of having hypercalcemia which may include: -
 - Symptoms of hypercalcemia
 - Nausea
 - Vomiting
 - Muscle weakness
 - Mental disturbances
 - Polyuria (frequent urge to urinate)
 - Acid rebound (increased amount of acid in the stomach)

Visit your doctor or pharmacist immediately if you experience any side effects after using this medicine.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug

Reaction Monitoring by visiting the website nptra.gov.my [Consumers→Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)].

Storage and Disposal of KALNATE CHEWABLE TABLETS 500MG

- Storage

Do not use after the expiry date stated on the pack. The expiry date refers to the last day of that month.

Keep the container tightly closed to protect from moisture.

Store below 30°C. 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. These measures will help to protect the environment.

Product Description

- What it looks like

A pink, peppermint flavoured, chewable, round of diameter 11mm flat tablet with mottling and 'MPI' marking.

- Ingredients

- Active ingredient:
Calcium Carbonate

- Inactive ingredients:

Lactose, Mannitol, Sucralose, Povidone K-30, Magnesium Stearate, Colloidal Silicon Dioxide, Ponceau 4R, Peppermint Powder.

MAL number:

Kalnate Chewable Tablets 500mg
MAL22116008X

Manufacturer and Product Registration Holder

Malaysian Pharmaceutical Industries Sdn. Bhd.
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Date of Revision

02/03/2026

Serial Number:

NPRA(R2)22/105