

SW CALCIUM LACTATE 300MG TABLET

Calcium Lactate (300mg)

What is in this leaflet

1. What SW Calcium Lactate Tablet is used for
2. How SW Calcium Lactate Tablet works
3. Before you use SW Calcium Lactate Tablet
4. How to use SW Calcium Lactate Tablet
5. While you are using it
6. Side effects
7. Storage and disposal of SW Calcium Lactate Tablet
8. Product description
9. Manufacturer and Product Registration Holder
10. Date of revision

What SW Calcium Lactate Tablet is used for

It is a dietary supplement for growing adolescents, pregnant women with increased calcium needs, and post-menopausal women at risk of osteoporosis (condition where bones become weak and brittle). It is also beneficial for bedridden elderly persons to prevent bone calcium loss.

How SW Calcium Lactate Tablet works

It contains calcium that helps prevent and treat calcium deficiency by increasing calcium levels in the body. Additionally, it binds with other minerals, such as phosphate, and aids in their removal from the body.

Before you use SW Calcium Lactate Tablet

- When you must not use it

Do not use SW Calcium Lactate Tablet if you:

- are sensitive/allergic to calcium or any other ingredients in these tablets (listed in Product Description).
- have a history of kidney stones.

- Before you start to use it

Tell your doctor if you have a thyroid condition or any kidney problems.

Pregnancy and Lactation

Please consult your doctor or pharmacist for advice if you are pregnant, planning for pregnancy, or breastfeeding before taking any medicine.

- Taking other medicines

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.

You should talk to your doctor or pharmacist if you are taking:-

- Tetracycline (an antibiotic to treat bacterial infections).
- High doses of Vitamin D.
- Digitalis (medicine for certain heart conditions).
- Corticosteroids (medicine to treat inflammation, allergies, asthma, and autoimmune diseases; eg: prednisolone, dexamethasone).

How to use SW Calcium Lactate Tablet

- How much to use

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

Take 1 to 3 tablets orally per day.

- When to use it

Take after meals or as directed by your doctor or pharmacist.

- How long to use it

Take your medicine for as long as your doctor recommends.

- 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. You may need urgent medical attention. Do this even if there are no signs of discomfort or poisoning.

Taking too much Calcium Lactate can cause high calcium levels in the blood. Refer to section “**Side Effects**” for overdose symptoms.

While you are using it

- Things you must do

- Tell all the doctors, dentists and pharmacists treating you that you are taking SW Calcium Lactate Tablet.

- 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 SW Calcium Lactate Tablet to anyone else, even if they have the same symptoms or condition as you.

- Things to be careful of

Some foods can affect calcium absorption, including bran and whole cereals (which contain oxalic acid) and milk and dairy products (which contain phosphorus).

Driving and using machines

Be careful driving or operating machinery until you know how SW Calcium Lactate Tablet affects you.

Side Effects

Like all medicines, SW Calcium Lactate Tablet can cause side effects, although not everybody gets them.

The possible side effects are constipation and hypercalcemia (high calcium levels in the blood) which may lead to loss of appetite, thirst, nausea, vomiting, abdominal pain, muscle weakness, excessive urination, drowsiness, confusion, bone pain, kidney problems, and in severe cases irregular heartbeat, unconsciousness or heart attack.

Please refer to your doctor or pharmacist if you experience any other symptoms while taking this medication.

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

Storage and disposal of SW Calcium Lactate Tablet

- Storage

Store at or below 30 °C. Protect from light and moisture.

- 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 round, white tablet with a single score on one side.

- Ingredient(s)

- Active Ingredient

- Calcium lactate

- Inactive Ingredients

- Maize starch
- Magnesium stearate

- MAL number

MAL19921211XC

Manufacturer & Product Registration Holder

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