

PP ALFA-DOL 1.00 MCG CAPSULE

Alfacalcidol (1.00mcg)

What is in this leaflet PP Alfa

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

What PP Alfa used for

PP Alfa is used for condition caused by disturbances in the calcium metabolism as a consequence of reduced production of Vitamin D3.

They are also used to treat the following conditions:

- Chronic kidney disease-mineral and bone disorder
- Disorders of the parathyroid glands
- Softening and deformity of the bones due to the lack of calcium
- Low blood calcium in newborn babies.
- Decrease in bone mass and density.

How PP Alfa works

It contains alfacalcidol, which is a vitamin D-like substance that promotes the absorption of calcium and phosphate in food from the intestines and reabsorption of calcium in the kidney.

Before you use PP Alfa

- When you must not use it

Do not take PP Alfa if:

- You have too much calcium in your blood (hypercalcemia).
- You are too hypersensitive to alfacalcidol or any of the other inactive ingredients.

- Pregnancy and lactation

Consult your doctor or pharmacist before taking this product.

- Before you start use it

You must consult a doctor or pharmacist if you:

- Taking other types of medicine called cardiac glycoside, such as digoxin.
- If you have any problem with your kidney.
- Inform your doctor if you are using glycosides or digitalis for your heart problem before taking PP Alfa Capsule.
- Your doctor may need to monitor blood calcium and phosphate level regularly especially if you kidney problem, receiving high dose or this medicine is used for your child.

- Taking other medicines

Consult a doctor or pharmacist if you are taking:

- Other medicines for antiepileptics, such as carbamazepine, phenobarbital, phenytoin and primidone.
- Rifampicin and isoniazid.
- Corticosteroids.
- Thiazide diuretics, calcium and phosphate.

How to use PP Alfa

- How much to use

Follow all directions given in the leaflet carefully. If you do not understand the instructions on the label, ask your doctor and pharmacist for help.

Adults: The usual starting dose is 1 mcg/day. The dose maybe adjusted by increments of 0.25-0.5mcg. Plasma levels should be measured at weekly intervals initially. When the dose is stabilized, the measurements may be taken every 2-4 weeks. Most people respond to doses between 1 – 3 mcg/day.

When there is biochemical or radiographic evidence of bone healing, the dose may be decreased. The general maintenance dose is 0.25 – 1mcg / day.

Elderly:

The usual starting dose is 0.5mcg /day.

Children between 5 to 20kg:

The usual starting dose is 0.05mcg/kg body weight /day.

Children 20kg and above:

The usual starting dose is 1mcg/day.

- When to use it

Always swallow the capsule whole with a glass of water.

- How long to use it

As per the dosage recommendation.

- If you forget to use

Take the missed dose as soon as you remember. If it is almost time for your next dose, wait until then to take the dose 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 or pharmacist for advice immediately.

Taking too many capsules may cause excessive calcium level (hypercalcemia).

While you are using it

- Things you must do

Take your dose exactly as given in the leaflet.

Tell all the doctors, dentists and pharmacists that are treating you that you are taking PP Alfa.

Consult a doctor immediately if you are become pregnant while taking PP Alfa.

PP ALFA-DOL 1.00 MCG CAPSULE

Alfacalcidol (1.00mcg)

- Things you must not do

Do not give PP Alfa to anyone else, even if they have the same symptoms or condition as you. Do not use this product after the expiry date which is stated on the pack after 'EXP'. The expiry date refers to the last day of the month.

- Things to be careful of

Driving and using machines

This product does not affect your ability to drive or use machines.

Side effects

Like all medicines, Alfacalcidol can cause side effects, although not everybody get them.

The side effect is too much calcium in the blood.

Visit your doctor or pharmacist immediately if you experience any side effects after taking this PP Alfa.

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 PP Alfa

- Storage

Store in dry place below 30°C.

- Disposal

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

These measures will help to protect the environment.

Product Description

- What it looks like

Two pieces, brick red, size '0' hard vegetable capsules with clear banding containing yellowish to brownish oil liquid.

- Ingredients:

-Active ingredient:

Alfacalcidol

- Inactive ingredient

Vegetable Oil, Lecithin, Vitamin E and Colloidal Silicon Dioxide

- MAL number

MALXXXXXXXXX

Manufacturer and Product

Registration Holder

Pahang Pharmacy Sdn. Bhd.

Lot 5979 Jalan Teratai

5 ½ Mile off Jalan Meru,

41050 Klang, Selangor, Malaysia

Date of Revision

27/04/2026

Serial Number

NPRA (R2) 25/189