

**PRODUCT DESCRIPTION:** CDK Tablet uses a high percentage of elemental calcium in an easily absorbed form. Calcium and vitamin D contribute to the maintenance of normal bone in adults and the growth of bone in children. Older adults, in particular women around menopause, should have a daily intake of calcium to counteract the loss of bone mass which occurs in later life. Whilst young people need to build up strong bones at an early age. Vitamin K helps support normal bone as well as contributing to normal blood clotting. Vitamin D also contributes to normal absorption of calcium and helps support normal blood calcium concentrations.

**SUPPLEMENT FACTS:**

Each film-coated tablet contains:  
Calcium as Carbonate (B.P.).....500mg  
Vitamin D<sub>3</sub> (B.P.).....600IU  
Vitamin K<sub>2</sub> (U.S.P.).....90mcg

**PHARMACOLOGICAL PROPERTIES:**

**Calcium Carbonate:** Is the most important component of bone tissue, and needed for bone turn-over throughout life. It is essential for maintenance of healthy and strong bones.  
**Vitamin D<sub>3</sub>:** Is required for proper absorption and storage of calcium in bones.  
**Vitamin K<sub>2</sub>:** Is an important factor in bone health and wound healing. Vitamin K is a fat-soluble vitamin that makes proteins for healthy bones and normal blood clotting. Vitamin K helps produce four of the 13 proteins needed for blood clotting.

**SIDE EFFECTS:** Constipation or stomach upset may occur. If any of these effects persist or worsen, tell your doctor or pharmacist promptly. If your doctor has directed you to use this medication, remember that he or she has judged that the benefit to you is greater than the risk of side effects. Many people using this medication do not have serious side effects. Tell your doctor right away if any of these unlikely but serious side effects occur: nausea/vomiting, loss of appetite, unusual weight loss, mental/mood changes, signs of kidney problems (such as change in the amount of urine), bone/muscle pain, headache, increased thirst, increased urination, weakness, tiredness, fast/pounding heartbeat. A very serious allergic reaction to this drug is rare. However, seek immediate medical attention if you notice any symptoms of a serious allergic reaction, including: rash, itching/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing.

**PRECAUTIONS:** Before taking this medication, tell your doctor or pharmacist if you are allergic to it; or to other vitamin D products (such as calcitriol); or if you have any other allergies. This product may contain inactive ingredients, which can cause allergic reactions or other problems. Talk to your pharmacist for more details. This medication should not be used if you have certain medical conditions. Before using this medicine, consult your doctor or pharmacist if you have: high calcium/vitamin D levels (hypercalcemia/hypervitaminosis D), difficulty absorbing nutrition from food (malabsorption syndrome). Before using this medication, tell your doctor or pharmacist your medical history, especially of: heart/blood vessel disease, kidney stones, kidney disease, certain immune system disorder (sarcoidosis), liver disease, certain bowel diseases (Crohn's disease, Whipple's disease), little or no stomach acid (achlorhydria), low levels of bile, untreated phosphate imbalance. Tell your doctor if you are pregnant before using this medication. During pregnancy, doses of vitamin D greater than the recommended dietary allowance should be used only when clearly needed. Discuss the risks and benefits with your doctor. This medication passes into breast milk. Consult your doctor before breast-feeding.

**INTERACTIONS:** Drug interactions may change how your medications work or increase your risk

for serious side effects. This document does not contain all possible drug interactions. Keep a list of all the products you use (including prescription/nonprescription drugs and herbal products) and share it with your doctor and pharmacist. Do not start, stop, or change the dosage of any medicines without your doctor's approval. Some products that may interact with this drug include: digoxin, phosphate binders. Calcium can decrease the absorption of other drugs such as tetracycline antibiotics (e.g., doxycycline, minocycline), bisphosphonates (e.g., alendronate), estramustine, levothyroxine, and quinolone antibiotics (e.g., ciprofloxacin, levofloxacin). Also, certain medications can decrease the absorption of vitamin D (bile acid sequestrants such as cholestyramine/colestipol, mineral oil, orlistat). Therefore, separate your doses of these medications as far as possible from your doses of calcium/vitamin D. Ask your doctor or pharmacist about how long you should wait between doses and for help finding a dosing schedule that will work with all your medications. Check the labels on all your prescription and nonprescription/herbal products (e.g., antacids, laxatives, vitamins) because they may contain calcium, phosphate, or vitamin D. Ask your pharmacist about using those products safely. Vitamin D is very similar to calcitriol. Do not use medications containing calcitriol while using vitamin D. This medication may interfere with certain laboratory tests (including cholesterol tests), possibly causing false test results. Make sure laboratory personnel and all your doctors know you use this drug.

**OVERDOSE:** Symptoms of overdose may include: nausea/vomiting, loss of appetite, mental/mood changes, headache, drowsiness, weakness, tiredness.

**NOTES:** Keep all regular medical and laboratory appointments. If your doctor has directed you to take this medication, laboratory and/or medical tests (e.g., calcium levels) should be performed periodically to monitor your progress or check for side effects. Consult your doctor for more details.

**Foods rich in vitamin D include:** fortified dairy products, eggs, sardines, cod liver oil, chicken livers, and fatty fish. Vitamin D is also made by the body as a result of exposure to the sun.  
**Foods rich in calcium include:** dairy products (e.g., milk, yogurt, cheese, ice cream), dark-green leafy vegetables (e.g., broccoli, spinach, bok choy), and calcium-fortified foods (e.g., orange juice).  
You can decrease the risk of bone disease by being physically active, not smoking, and avoiding the use of alcohol/caffeine.

**MISSED DOSE:** If you miss a dose, take it as soon as you remember. If it is near the time of the next dose, skip the missed dose. Take your next dose at the regular time. Do not double the dose to catch up.

**DOSSAGE:** 1 tablet daily or as directed by the physician.

**INSTRUCTIONS:** Store below 25°C. Protect from heat, light & moisture. Keep out of the reach of children.

**PRESENTATION:** 3 X 10's Alu/Alu blister packed in unit carton along with insert.

**SHELF LIFE:** 2 Years

خوراک:  
ایک ٹیبلیٹ روزانہ یا ڈاکٹر کی ہدایت کے مطابق استعمال کریں۔  
ہدایات: ۳۵ ڈگری سینٹی گریڈ سے کم درجہ حرارت پر رکھیں۔  
روشنی، گرمی اور نمی سے محفوظ رکھیں۔ بچوں کی تکفہ سے دور رکھیں۔

For detailed information:

**GENIX** Genix Pharma (Pvt.) Ltd.  
44, 45-B, Korangi Creek Road, Karachi-75190, Pakistan.  
UAN: +92-21-111-10-10-11. Email: info@genixpharma.com

Nutraceutical - Not for treatment of any disease  
زیادہ جانکاری کے لیے ہمیں لکھیں۔

