

# Costin

(Calcium carbonate USP)

**Presentation :**

**Calcium 500** : Each tablet contains calcium carbonate 1250 mg USP equivalent to 500 mg elemental calcium.

**Calcium 250** : Each tablet contains calcium carbonate 625 mg USP equivalent to 250 mg elemental calcium.

**Indications and uses :**

Indicated in raised calcium requirement e.g. during pregnancy and lactation, and in children and adolescents at time of rapid growth, inadequate intake of calcium in the diet due to malnutrition, prevention and tooth formation, latent tetany.

**Dosage and administration :**

*Adult* : One calcium 500 tablet or as directed by the physician. For the prevention of osteoporosis, 1-3 calcium 500 tablet is recommended generally as a dietary supplement. Doses for children is half of those for adults. A large dose should not be taken without physician's advice.

*Adolescent* : One to two Calcium tablet daily.

*Children* : One Calcium tablet daily.

**Contraindications :**

Hypersensitivity to any components of this preparation, Hypercalcemia, Hyper-parathyroidism, Zollinger-Ellison Syndrome, Concomitant Digoxin therapy, Severe hypercalciuria, Severe renal insufficiency, Nephrolithiasis.

**Side effects :**

In rare cases, flatulence, Diarrhoea or constipation.

**Use in pregnancy and lactation :**

*Pregnant women* : Calcium containing drugs are used widely in pregnancy by way of calcium supplement or antacid therapy. No relationship between malformations in general and calcium exposure has been noted.

*Lactating mother* : There is no contraindication to the use of calcium carbonate in lactating mother.

**Drug interactions :**

Oral calcium can reduce internal absorption of tetracycline and fluoride preparation and an interval of at least 3 hours should therefore be allowed between ingestion of these medications. Vitamin D increases internal absorption of calcium. The intestinal uptake of calcium may be reduced by concomitant ingestion of certain food (e.g. spinach, milk and milk products).

**Commercial pack :**

**Calcium 500** : Each box contains 10X10's tablet blister strips.

**Calcium 250** : Each box contains 10X10's tablet blister strips.



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