



<p>Calcium & Vitamin D₃ Tablets IP</p> <p>Ecal</p> <p>10 X 15 Tablets</p>																	
<p>Composition :</p> <p>Each film coated tablet contains :</p> <table><tr><td>Calcium Carbonate IP</td><td>1250 mg</td></tr><tr><td>(Derived from an oyster shell)</td><td></td></tr><tr><td>eq. to elemental Calcium</td><td>500 mg</td></tr><tr><td>Vitamin D₃ IP</td><td>250 I.U.</td></tr><tr><td>Excipients</td><td>Q.S.</td></tr><tr><td>Colour : Titanium Dioxide IP</td><td></td></tr></table> <p>Dosage : One tablet a day or as directed by the Physician.</p> <p>Storage : Store below 30°C. Protect from light & moisture.</p> <p>Keep out of reach of children.</p> <p>FOR THERAPEUTIC USE</p> <p>Appropriate overages of vitamins are added to compensate loss on storage.</p> <p>Mfg. in India by : NUCLEUS FORMULATION PVT. LTD. Plot No. 3484/3485, Phase IV, G.I.D.C., Chhatral, Dist. Gandhinagar-382729 (Gujarat).</p>						Calcium Carbonate IP	1250 mg	(Derived from an oyster shell)		eq. to elemental Calcium	500 mg	Vitamin D ₃ IP	250 I.U.	Excipients	Q.S.	Colour : Titanium Dioxide IP	
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Product Information Page

Product Name: ECAL TAB

Composition: Calcium Carbonate + Calcitriol + Zinc

General Information

ECAL TAB is a nutraceutical supplement that combines Calcium Carbonate, Calcitriol (Vitamin D₃), and Zinc to support bone health, calcium metabolism, and overall well-being. It is formulated to address deficiencies and ensure optimal calcium absorption and utilization in the body.

Drug Class

- **Calcium Carbonate:** Calcium supplement
- **Calcitriol:** Active form of Vitamin D
- **Zinc:** Essential trace element

Indications and Uses

- Prevention and treatment of calcium and Vitamin D deficiency.
- Management of osteoporosis and osteopenia.

- Support for healthy bones and teeth.
 - Promotes immune system function and overall mineral balance.
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Common and Less Common Side Effects

Common Side Effects:

- Nausea
- Constipation
- Abdominal discomfort

Less Common Side Effects:

- Hypercalcemia (high calcium levels)
- Fatigue
- Dry mouth

If any side effects persist or worsen, contact your doctor promptly.

Doses and Administration

- Take ECAL TAB as prescribed by your doctor.
 - Typically taken once daily, preferably after meals to enhance absorption.
 - Swallow the tablet whole with a glass of water.
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Warnings and Precautions

- Do not exceed the recommended dose.
 - Monitor calcium levels regularly during long-term use.
 - Use with caution in patients with kidney stones or impaired kidney function.
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Drug Interactions

- Avoid taking ECAL TAB with high doses of iron supplements, as it may reduce calcium absorption.
 - Inform your doctor if you are on thyroid medications, antacids, or diuretics.
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Contraindications

- Hypersensitivity to any component of the tablet.

- Hypercalcemia or Vitamin D toxicity.
 - Severe renal impairment.
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Dos and Don'ts

Dos:

- Take the medication as directed by your healthcare provider.
- Maintain a balanced diet rich in calcium and Vitamin D.

Don'ts:

- Avoid taking the tablet with large amounts of caffeine or alcohol, as it may affect calcium absorption.
 - Do not take ECAL TAB with other calcium or Vitamin D supplements without consulting your doctor.
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Before Taking ECAL TAB

- Inform your doctor about any medical conditions, especially kidney disorders or a history of kidney stones.
 - Discuss any ongoing medications, including over-the-counter supplements.
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Why Choose ECAL TAB?

ECAL TAB is a quality product from **Econ Healthcare Pvt Ltd**, crafted with precision to provide effective supplementation for better bone health and overall wellness.

Econ Healthcare Pvt Ltd

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Website: www.econhealthcare.net

Disclaimer

This information is for general purposes only and does not replace medical advice. Always consume ECAL TAB as directed by your doctor. Do not change doses or discontinue use without consulting a healthcare provider.

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