

## PATIENT INFORMATION LEAFLET



### SCHEDULING STATUS

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### CORAL CALCIUM capsules

Coral calcium powder, cholecalciferol (vitamin D<sub>3</sub>).  
Sugar free.

### COMPLEMENTARY MEDICINE: HEALTH SUPPLEMENT

**This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.**

**Read all of this leaflet carefully because it contains important information for you.**

CORAL CALCIUM is available without a doctor's prescription for you to maintain your health. Nevertheless, you still need to take CORAL CALCIUM carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your healthcare provider or pharmacist if you need more information or advice.

### What is in this leaflet

1. What CORAL CALCIUM is and what it is used for.
2. What you need to know before you take CORAL CALCIUM.
3. How to take CORAL CALCIUM.
4. Possible side effects.
5. How to store CORAL CALCIUM.
6. Contents of the pack and other information.

#### 1. What CORAL CALCIUM is and what it is used for

CORAL CALCIUM is a calcium and magnesium supplement with added vitamin D.

- CORAL CALCIUM contributes to the following;
  - Development and maintenance of bones and teeth.
  - Normal muscle function.
  - Normal energy-yielding metabolism.
  - Normal blood clotting.
  - Normal neurotransmission.
  - Normal function of digestive enzymes.
- Has a role in the process of cell division and specialisation.
- Calcium intake, when combined with sufficient Vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis.
- A factor in the maintenance of good health.

#### 2. What you need to know before you take CORAL CALCIUM

##### Do not take CORAL CALCIUM:

- if you are hypersensitive (allergic) to any of the active ingredients or any of the other ingredients of CORAL CALCIUM (see **What CORAL CALCIUM contains**).

### Warnings and precautions

CORAL CALCIUM is not intended for use in children under the age of 9 years.

Special care should be taken with CORAL CALCIUM:

- if you are allergic or sensitive to iodine;
- if you suffer from a kidney disease.

### Other medicines and CORAL CALCIUM

Always tell your healthcare provider if you are using any other medicine. (This includes all complementary or traditional medicines.)

Tell your doctor or pharmacist if you are currently using:

- Any medication metabolised in the liver;
- Any diuretic (medication to increase urine flow);
- Bisphosphonates (used to treat osteoporosis);
- Antiretroviral medication (used to treat HIV infections);
- Quinolone antibiotics (used to treat bacterial infections);
- Sotalol (used to treat and prevent abnormal heart rhythms);
- Tetracycline antibiotics (used to treat bacterial infections).

### **CORAL CALCIUM with food, drink and alcohol**

See section 3 (**How to take CORAL CALCIUM**).

### **Pregnancy, breastfeeding and fertility**

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other healthcare provider for advice before taking this medicine.

Safety and efficacy of CORAL CALCIUM during pregnancy and breastfeeding have not been established.

### **Driving and using machines**

CORAL CALCIUM is unlikely to have an effect on your ability to drive a vehicle and use machines.

## **3. How to take CORAL CALCIUM**

Do not share your medicines with any other person.

Always take CORAL CALCIUM exactly as described in this leaflet, or as your doctor or pharmacist have told you. Check with your doctor or pharmacist if you are not sure.

The usual dose is:

*Adults and children from 9 years old:* Take 2 capsules daily, with a glass of water, or as prescribed by a healthcare provider. Capsules may be emptied.

If you have the impression that the effect of CORAL CALCIUM is too strong or too weak, tell your doctor or pharmacist.

Do not exceed the recommended dosage.

CORAL CALCIUM can be taken with or without food.

### **If you take more CORAL CALCIUM than you should**

Symptoms of an overdose can include but are not limited to azotemia (a condition that occurs when your kidneys have been damaged), anemia (lack of red blood cells in the body), weakness, fatigue, sleepiness, headache, loss of appetite, dry mouth, metallic taste, nausea, vomiting, abdominal cramps, constipation, diarrhoea, dizziness, ringing in the ears, trouble walking, skin eruptions, muscle pain, bone pain and irritability.

In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre.

Take this leaflet and the rest of the remaining CORAL CALCIUM with you so the doctor will know what you or your child have taken.

## **4. Possible side effects**

CORAL CALCIUM can have side effects.

Not all side effects reported for CORAL CALCIUM are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking CORAL CALCIUM, please consult your healthcare provider for advice.

If any of the following happens, stop taking CORAL CALCIUM and tell your doctor immediately or go to the casualty department at your nearest hospital:

- swelling of your hands, feet, ankles, face, lips, mouth or throat, which may cause difficulty in swallowing or breathing;
- rash or itching;
- fainting.

These are all very serious side effects. If you have them, you may have had a serious allergic reaction to CORAL CALCIUM and may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

*Side effects occurring with an unknown frequency:*

- belching (burping);
- flatulence;
- diarrhoea;
- stomach upset.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

### **Reporting of side effects**

If you get side effects, talk to your doctor or pharmacist. You can also report side effects to SAHPRA via the “**6.04 Adverse Drug Reactions Reporting Form**”, found online **under SAHPRA’s publications**: <https://www.sahpra.org.za/Publications/Index/8>. By reporting side effects, you can help provide more information on the safety of CORAL CALCIUM.

### **5. How to store CORAL CALCIUM**

- Store all medicines out of reach of children.
- Store at or below 25 °C.
- Keep the bottle tightly closed.
- Protect from moisture and light.
- Do not use after the expiry date stated on the carton or container.
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains and sewerage systems (e.g. toilets).

### **6. Contents of the pack and other information**

#### **What CORAL CALCIUM contains**

Each capsule contains:

The active substances are:

Coral Calcium powder (SMP)* .....	500 mg
Cholecalciferol (Vitamin D <sub>3</sub> ) .....	150 I.U.

\*The Sango Mineral Powder (SMP), Calcium:Magnesium is at the ratio of 2:1.

The other ingredients are magnesium stearate (E572), silicon dioxide (E551) and talc (E553b).

#### **What CORAL CALCIUM looks like and contents of the pack**

Transparent capsules, filled with a light beige powder.

90 capsules, packed in a round, white securitainer, packed in an outer carton.

#### **Holder of Certificate of Registration**

Brunel Laboratoria (Pty) Ltd

1 Van Tonder Street

Sunderland Ridge

Centurion

0157

[info@brunel.co.za](mailto:info@brunel.co.za)

#### **This leaflet was last revised in**

Will be allocated by SAHPRA upon registration.

#### **Registration number**

Will be allocated by SAHPRA upon registration.

**Access to the corresponding Professional Information**

The Professional Information for CORAL CALCIUM is available on <https://www.brunel.co.za/coral-calcium/> or can be requested from the contact details above.

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