

Ostovit D[®]

Cholecalciferol USP Capsule and Gummy Tablet

DESCRIPTION

Ostovit D[®] is a preparation of Cholecalciferol, a synthetic form of Vitamin D₃. It is essential for normal bone growth and development and to maintain bone density. Cholecalciferol helps our body to utilize both calcium and Phosphorus. It acts as a hormone and increases reabsorption of Calcium and Phosphorus by the kidneys.

INDICATIONS

- To prevent vitamin D deficiency. This may occur when diet or life style does not provide with enough vitamin D
- To treat vitamin D deficiency diagnosed by doctor
- With other medicines to treat certain bone conditions such as thinning of the bone (osteoporosis) in patients with vitamin D deficiency

DOSAGE AND ADMINISTRATION

Adults:

For Capsule-

- **Treatment of vitamin D deficiency:** Take two capsules (20,000 IU x 2) or 1 capsule (40000 IU x 1) per week for 7 weeks, followed by maintenance therapy as directed by doctor (such as 1400 - 2000 IU/day which is equivalent to 2-3 capsules of vitamin D₃ 20,000 IU every 4 weeks)
- **Prevention of vitamin D deficiency:** One capsule (20,000 IU) every four weeks. Higher doses may be required in certain situations as directed by doctor

For Gummy Tablet-

- **For the support of bone, teeth, muscle and immune health:** 1000 IU daily, with a meal

Use in Children (12 - 18 years): Ostovit D[®] capsule should only be given to children and adolescents aged 12 years and older.

- **Treatment of vitamin D deficiency:** One capsule (20,000 IU) every 2 weeks for 6 weeks
- **Prevention of vitamin D deficiency:** One capsule (20,000 IU) once every six weeks

If anyone has problems absorbing vitamin D₃ or have other conditions such as liver disease, the dose of vitamin D₃ may be different. This will be decided by the doctor

During long-term treatment, the calcium levels in the blood and urine, and the functions of the kidneys will be monitored regularly by the doctor to ensure the safety of your medicine and check that you are taking the correct dose.

CONTRAINDICATIONS

- Hypersensitivity to Cholecalciferol • Hypercalciuria • Hypercalcaemia • Kidney stones • Hypervitaminosis D

SIDE EFFECTS

- Loss of appetite • Feel very thirsty • Passing more urine than normal • Stomach ache • Diarrhea or feel constipated • Headache and fatigue • Lost weight • Bone pain and muscle weakness

PRECAUTION AND WARNING

Warning should be taken for the following conditions-

- Patients suffering from heart disease or narrowing of the arteries
- Patients suffering from sarcoidosis (an immune system disorder which may affect your liver, lungs, skin or lymph nodes)
- Patients have previously been told by doctor that he/she has an intolerance to some sugars
- Patients are currently taking any other medication, including other forms of vitamin D and calcium or consuming foods or drinking milk and other products enriched with vitamin D

USE IN PREGNANCY AND LACTATION

Before taking Cholecalciferol during pregnancy and lactation doctor consultation is required.

PHARMACEUTICAL PRECAUTION

For Capsule-

Do not store above 30 °C temperature. Keep away from light and wet place. Keep out of reach of children.

For Gummy Tablet-

Keep away from light and wet place. Keep out of reach of children. Keep the container tightly closed.

PACKAGING

Ostovit D[®] Gummy Tablet: Bottle containing 50 gummy tablets. Each gummy tablet contains Vitamin D₃ 1000 IU as Cholecalciferol USP.

Ostovit D[®] 20000 Capsule: Box containing 1 strip of 10 capsules. Each capsule contains Vitamin D₃ 20000 IU as Cholecalciferol USP.

Ostovit D[®] 40000 Capsule: Box containing 2 strips of 6 capsules each. Each capsule contains Vitamin D₃ 40000 IU as Cholecalciferol USP.

SK+F

Manufactured by

ESKAYEF PHARMACEUTICALS LTD.

TONGI, GAZIPUR, BANGLADESH

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PM05915 V01