Description
VivaCaD is a soft-gelatin capsule containing Calcium and Calcitriol (Vitamin D3) along with other vitamins used in the prevention and treatment of Osteoporosis and other conditions requiring additional/supplementation of Calcium and/or Vitamin D3, mostly in people above 50 years of age. Vitamin D quantity in body diminishes with age due to decreased dietary intake, decreased vitamin D absorption, decreased sun exposure, decreased skin synthesis of vitamin D, and decreased formation of active vitamin D in the kidney. Many people also become deficient in Calcium due to inadequate intake, especially if not taking dairy products or other good sources of calcium like small fishes. Vitamin B$_6$, Folic Acid and Vitamin B$_12$ are three nutrients found to be deficient in many elderly persons which play many important roles. Thus supplementation of Vitamin B$_12$, Folic acid and Vitamin B$_6$ in the elderly population, who are deficient, is advocated.

Composition
Each soft gelatin capsule contains:
- Calcium Carbonate IP 500mg
- equivalent to elemental Calcium 200 mg
- Calcitriol IP 0.25 mcg
- Mecobalamin IP 1500mcg
- Folic Acid IP 1.5mg
- Vitamin B$_6$ IP 3 mg

Indications
Therapeutic
(a) Deficiency of Calcium and/or Vitamin D$^{10,11}$:
- Deficiency leading to Osteoporosis, Osteopenia, Osteomalacia$^{12,13,14,15,16,17}$
- Secondary Osteoporosis including Steroid use, Post-Menopausal, Endocrine disorders including Diabetes Mellitus$^{18,19,20,28,29}$
(b) Thyroid and Parathyroid disorders, Renal Disease including Chronic Kidney Disease/Failure$^{21,22}$
(c) Fracture(s) of bone$^{23,24}$

Prophylactic:
- Elderly and people above 50 years of age$^{25,26}$
- Post-menopausal women to prevent osteoporosis$^{27,28,29,30}$
- Later stage of Pregnancy$^{31,32,33,34}$
- Dietary Insufficiency$^{35,36}$
Dosage
1-2 Capsules daily or as directed by the physician

Warnings and Precautions
Not to be taken by people having hypercalcaemia and hypervitaminosis D. Blood levels of calcium and vitamin D should be monitored and proper precautions taken in case of use in disorders of Thyroid and Parathyroid glands and Renal Osteodystrophy. Caution to be taken while taking medications known to have interaction with calcium when used concomitantly.

Contraindications
Supplementation of Calcium and Vitamin D₃ is likely to aggravate hypercalcaemia and vitamin D toxicity. Recent studies have shown that excess calcium may increase the risk of myocardial infarction in vulnerable population. Hence VivaCaD should not be used by people known to be having or at risk of these conditions unless advised by physicians.

Pregnancy & Lactation: Consult your physician when taking VivaCaD during pregnancy & lactation.

Overdose
Gross acute or chronic overdose of VivaCaD is likely to cause symptoms and signs related to overdose of Calcium and Vitamin D.

Immediately consult a Physician or go to a Healthcare Facility in case of accidental overdose.

Symptoms of likely overdose include:
Nausea, vomiting, loss of appetite, constipation, abdominal pain, muscle twitches, weakness, irritability, conjunctivitis, apathy, poor concentration, memory loss, dehydration, thirst, frequent urination, chills, fever, bone pain and weight loss.

Drugs Interactions
Not to be taken along with:
Antibiotics of Tetracycline group, antifungals, anti-retrovirals, calcium channel blockers, digoxin, dapsone, eltrombopag, tyrosine kinase inhibitors.

Requires monitoring:
Anti-hypertensives, anti-arrhythmics, anti-diabetics, anti-epileptics, antipsychotics and neuronal inhibitors, antibiotics of cephalosporin, fluoroquinolone, macrolide group, antimalarials, anti-viral agents, bile & pancreatic derivatives, COX-2 inhibitors, iron preparations, chelating agents, sympathomimetic & other CNS stimulants, muscarinic and nicotinic antagonists, thyroid hormones & anti-thyroid agents, chemotherapeutic & targeted therapy agents commonly used against cancers, allopurinol, immune-suppressants, lactulose, isoniazid, bisphosphonates, statins, mineral salts, riociguat, squill, bear berry.

Undesirable Effects
Gastrointestinal: anorexia, constipation, gastrointestinal discomfort, flatulence, nausea, vomiting.
General Systemic: fatigue, dizziness, headache, increased thirst, anorexia.
Cardiovascular: coronary artery disease, arrhythmia (long term intake of calcium > 600mg/day and Vitamin D > 10,000IU/day). Renal: renal stones.
Changes in Blood Parameters: hypercalcemia, hypomagnesaemia, hypophosphatemia. Allergy: rash, itching and other symptoms of allergy in those having allergy to one or more components.

**Special Precautions for Storage**
- Store in a cool and dry place
- Protect from direct sun light
- Keep out of reach of children

**Shelf Life**
24 months from the date of manufacture.

**Presentation**
1X15 CAPSULES in a blister

*™ Trade Mark*

**Manufactured by:**
*Softgel Healthcare Pvt Limited*
Survey No. 20/1, Vandalur-Kelambakkam Road
Pudupakkam Village, Kancheepuram District
Tamilnadu – 603 103, India

**References**