For medicinal products available only on prescription:

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist or nurse.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist or nurse. This includes any possible side effects not listed in this leaflet.

1. What Calcium 500 mg Effervescent Tablets are and what they are used for

Calcium 500 mg Effervescent Tablets contain calcium carbonate as the active ingredient (which when dispersed in water provide 500mg of elemental calcium as calcium citrate).

The tablets provide extra calcium, in addition to the normal diet; they are used to treat conditions in which the body’s calcium levels need to be increased.

Calcium is essential for healthy growth of bones and teeth.

2. What you need to know before you take Calcium 500 mg Effervescent Tablets

Do not take Calcium 500 mg Effervescent Tablets
- If you are allergic (hypersensitive) to any of the ingredients of this medicine (see Section 6).
- If you have an overactive parathyroid gland (hyperparathyroidism) or too much vitamin D in your body (hypervitaminosis D).
- If you have a high concentration of calcium in your urine (hypercalciuria) or blood (hypercalcaemia). A high concentration of calcium in the blood may be caused by impaired kidney function, an overactive parathyroid gland, too much Vitamin D in your body or certain bone tumours.
- If you have been immobilised for long periods and had a high concentration of calcium in your blood or urine.
- If you have kidney stones.

Take special care with Calcium 500 mg Effervescent Tablets

Consult your doctor before taking this medicine if you have:
- a tendency to form kidney stones or impaired kidney function - your treatment will need to be monitored carefully if your kidneys are not working properly to ensure you do not build up too much calcium in your blood.
- sarcoidosis (formation of nodules especially in the lymph nodes, lungs, bones and skin).

Taking other medicines

Please tell your doctor if you are taking or have recently taken any other medicines, including those obtained without a prescription.

Seek medical advice before taking Calcium 500 mg Effervescent Tablets if you are already taking:
- vitamin D
- heart medicines such as digoxin and cardiac glycosides
- tetracycline antibiotics
- antacids
• Iron salts
• thiazide diuretics (water tablets)
• bisphosphonates and sodium fluoride (drugs used to treat bone disorders)
• quinolone antibiotics

Pregnancy & breast-feeding
Women who are pregnant or breast-feeding can take Calcium 500 mg Effervescent Tablets. Ask your doctor or pharmacist for advice before taking any medicine.

Driving and using machines
Calcium 500 mg Effervescent Tablets has no influence on the ability to drive and use machines.

Important information about some of the ingredients of Calcium 500 mg Effervescent Tablets
Sunset yellow supra– this may cause allergic reactions including asthma. Allergy is more common in those people who are allergic to aspirin.
Sodium – This medicine contains up to approximately 48mg sodium per tablet. This should be taken into consideration by patients on a controlled sodium diet.

3. How to take Calcium 500 mg Effervescent Tablets

The tablets must be dissolved completely in a glass of water (100 ml or more) and the solution consumed immediately.

Your doctor will normally prescribe a suitable dose for you:
Adults and Elderly:
• To treat conditions caused by lack of calcium, the dose is usually between 1 and 3 tablets per day.
• To prevent bone damage caused by osteoporosis, a dose of 1 to 3 tablets is required per day.
• To supplement calcium in your diet, the dose is up to 3 tablets a day.
Children:
• To treat conditions caused by lack of calcium, the dose is usually between 1 and 2 tablets per day.
• To supplement calcium in your diet, the dose is up to 2 tablets a day.

If you take more Calcium 500 mg Effervescent Tablets than you should
Do not exceed the recommended dose. If you take too much medicine, tell your doctor immediately or visit your nearest Accident & Emergency Department (take the pack with you if possible).
Symptoms of overdose may include nausea (feeling sick), polydipsia (excessive thirst), polyuria (frequent passing of urine), and constipation.
If you forget to take Calcium 500 mg Effervescent Tablets
If you miss a dose, take the next dose as soon as you remember and continue taking your medicine as before (do not take a double dose to make up for a forgotten dose).

If you have any further questions on the use of this product, ask your pharmacist.

4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.
You may suffer an allergic reaction. If you experience rash, itching, difficulty in breathing or swelling of the face, lips, throat or tongue, stop taking the tablets immediately and seek urgent medical help.

The following rare side effects have been reported:
• nausea
• abdominal pain
• diarrhoea
• constipation
• wind
• skin rashes and itching
• high concentration of calcium in the blood (hypercalcaemia) or urine (hypercalciuria).
If you get any side effects, talk to your doctor or pharmacist or nurse. This includes any side effects not listed in this leaflet.

5. How to store Calcium 500 mg Effervescent Tablets

- Keep this medicine out of the sight and reach of children.
- Do not use this medicine after the expiry date, which is stated on the blister and the carton after ‘EXP’. The expiry date refers to the last day of that month.
- Keep the polypropylene tube tightly closed. Store in the original container in order to protect from moisture.
- Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. Further information

What Calcium 500 mg Effervescent Tablets contains
The active substance is Calcium carbonate.

Each tablet contains 1250 mg of Calcium Carbonate (500mg elemental calcium when dissolved in water as calcium citrate).

The other ingredients are:
anhydrous citric acid (E330), sodium cyclamate (E952), saccharin sodium (E954), sunset yellow supra (E110), simethicone emulsion (30%), ethanol anhydrous (E1510), powdarome orange, macrogl 6000, mono sodium glycine carbonate (E640), sodium benzoate (E 211)

Powdarome orange contains:
flavouring preparation, flavouring substances identical to natural substances, maize maltodextrin, acacia gum (E 414), alpha-tocopherol (E 307), butylated hydroxyanisole (BHA) (E 320), TBHQ (E319)

What Calcium 500 mg Effervescent Tablets looks like and contents of the pack
Light orange coloured, round, flat, bevelled edges tablets plain on both sides.

Calcium 500 mg Effervescent Tablets are available in white opaque plain polypropylene tube and white opaque tamper evident polyethylene cap with inbuilt desiccant packs containing 17 tablets in a tube.
Pack size: 68 (4 x 17) tablets per carton.

Caution: Cap contains desiccant. Do not eat.

Marketing Authorisation holder
Accord Healthcare Limited,
Sage House, 319, Pinner Road,
North Harrow, Middlesex HA1 4HF,
United Kingdom

Manufacturer
Accord Healthcare Limited,
Sage House, 319, Pinner Road,
North Harrow, Middlesex HA1 4HF,
United Kingdom

This medicinal product is authorised in the Member States of the EEA under the following names:

<table>
<thead>
<tr>
<th>Country</th>
<th>Proposed Name</th>
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<tbody>
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<td>United Kingdom</td>
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