



Berocca[®]

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Calcium and Magnesium

What is Berocca Calcium and Magnesium and when is it used?

Berocca Calcium and Magnesium contains seven vitamins of the B complex, vitamin C, calcium and magnesium. These substances play a crucial part in the growth and function of the nerve cells (vitamins of the B complex), are important components of bones and teeth (calcium), guarantee the transmission of nervous impulses to the muscles, regulate muscle activity and are indispensable for the supply of energy to the muscles (magnesium and calcium).

Mild deficiencies of these substances may occur in the following situations:

- marked physical exertion;
- unbalanced or inadequate diet;
- infectious disease;
- excessive consumption of alcohol (though this does not mean that Berocca Calcium and Magnesium prevents alcohol-induced liver damage).

Berocca Calcium and Magnesium satisfies increased requirements of B vitamins, vitamin C, calcium and magnesium.

Berocca Calcium and Magnesium is obtainable as effervescent tablets and film-coated tablets. By dissolving the effervescent tablets in a glass of water, you can obtain a pleasant-tasting drink. The film-coated tablets are best swallowed whole with some liquid during meals.

What should be kept in mind when taking Berocca Calcium and Magnesium?

The vitamins of the B complex and vitamin C are water-soluble and are not stored in the body. Surplus amounts are rapidly eliminated from the body with the urine. This also applies to any excess of calcium and magnesium.

When must Berocca Calcium and Magnesium not be used?

If you experience an allergic reaction while taking Berocca calcium and magnesium, discontinue its use. If you suffer from serious impairment of kidney function or renal stones, you should refrain from taking Berocca Calcium and Magnesium.

When should you be especially careful while taking Berocca Calcium and Magnesium?

Make sure your doctor knows if you

- are suffering from other illnesses,
- have allergies, or
- are taking other medicines (including non-prescription drugs).

May Berocca Calcium and Magnesium be taken during pregnancy or while breast-feeding?

During pregnancy and breast-feeding, you are allowed to take the vitamins contained in Berocca Calcium and Magnesium provided you do not exceed the amount needed for your normal daily requirements.

How should Berocca Calcium and Magnesium be taken?

One effervescent tablet or 1 film-coated tablet per day.

Keep to the dosage indicated in the package insert or prescribed for you by your doctor. If you feel that the medicine is too weak or too strong, speak to your doctor or pharmacist about it.

What are the possible undesirable effects of Berocca Calcium and Magnesium?

Only rarely have undesirable effects or allergic reactions been observed.

What else should be borne in mind?

Diabetics who test sugar levels in their urine themselves should refrain from taking Berocca Calcium and Magnesium for several days before the test since vitamin C may influence the result.

The urine turns yellow after a dose of Berocca Calcium and Magnesium. This effect is harmless and is due entirely to the excretion of vitamin B₂, which is yellow in colour.

The medicine must be kept in the original, closed pack out of the reach of children. It must not be used after the expiry date (EXP) shown on the pack.

You can get further information from your doctor or pharmacist, who have full prescribing information.

What does Berocca Calcium and Magnesium contain?

	per film-coated tablet	per effervescent tablet
Vitamin B ₁	15 mg	15 mg
Vitamin B ₂	15 mg	15 mg
Vitamin B ₅	10 mg	10 mg
Vitamin B ₁₂	10 µg	10 µg
Vitamin C	500 mg	1000 mg
Biotin	150 µg	150 µg
Nicotinamide	50 mg	50 mg
Pantothenic acid	23 mg	23 mg
Calcium	100 mg	100 mg
Magnesium	100 mg	100 mg

Where can you obtain Berocca Calcium and Magnesium?

At pharmacies. No doctor's prescription required.

What packs are available?

Effervescent tablets 10, 20
Film-coated tablets 30, 100



Made in Switzerland by
F. Hoffmann-La Roche Ltd, Basel