

Ca-C 1000 Sandoz®

What is Ca-C Sandoz and when is it used?

Ca-C 1000 Sandoz is a medicine which contains calcium (a mineral) and vitamin C. Calcium is a substance that is important for bones, the nervous system, the muscles, the immune system, the heart and the circulation. Under certain circumstances, the normal supply of calcium is insufficient to cover the daily requirements.

Vitamin C also performs many functions in the body. It plays a capital role in the formation of the bones, teeth and connective tissue, and in maintaining the natural defences of the body against colds and influenza. During normal times, the daily vitamin C requirements are covered by a balanced diet. A supplementary supply of vitamin C is justified during periods of increased requirements.

Ca-C 1000 Sandoz is administered

- when the calcium and vitamin C requirements are increased, for example during pregnancy and nursing, during periods of rapid growth (childhood, puberty) and in old age;
- to maintain the body's defences in the event of colds and influenza. During convalescence.

What has to be taken into account apart from treatment?

Patients on a low-salt diet must take into account that one effervescent tablet contains 1 g of sodium bicarbonate, i.e. 274 mg of sodium.

Ca-C 1000 Sandoz contains 2 g of sugar per effervescent tablet, which corresponds to 33.6 kJ (8 kcal).

When must Ca-C 1000 Sandoz not be used?

In the case of hypersensitivity to the medicine; in the case of increased levels of calcium in the blood (hypercalcaemia); in the case of a marked increase in urinary calcium excretion (severe hypercalciuria) and in the case of severe impairment of kidney function (severe renal failure).

What precautions are required when using Ca-C 1000 Sandoz?

Prolonged treatment with large doses of Ca-C 1000 Sandoz may promote the formation of kidney stones in predisposed subjects (especially if not drinking enough water). Unless prescribed otherwise by your doctor, do not take vitamin D during treatment with Ca-C 1000 Sandoz.

If you are taking Ca-C 1000 Sandoz simultaneously with antibiotics (tetracyclines), an interval of at least 3 hours must be kept between the doses of the two medicines.

Please tell your doctor or your pharmacist if

- you are suffering from another illness,
- you are allergic, or
- you are already taking other medicines (including those purchased yourself).

Can Ca-C Sandoz be used during pregnancy or when breast feeding?

If you are pregnant or plan to become pregnant, Ca-C 1000 Sandoz must not be taken without the prior agreement of a doctor. The same applies if you are breast feeding.

How is Ca-C 1000 Sandoz used?

Adults and schoolchildren: 1 effervescent tablet daily.

Children aged 3-7 years: ½ an effervescent tablet daily.

Infants up to 3 years of age: as prescribed by the doctor.

Please keep to the dosage stated in this notice or prescribed by your doctor. If you have the impression that the medicine is acting too weakly or, on the contrary, too strongly, please tell your doctor or pharmacist.

What undesirable side effects can Ca-C 1000 Sandoz have?

Mild digestive upsets such as bloating and flatulence have been observed during treatment in rare cases.

What else needs to be taken into account?

In diabetics, vitamin C may perturb the analysis of sugar in the urine; this is why diabetics are advised to interrupt medication with vitamin C for several days before this analysis.

Medicines must be kept out of the reach of children. Protect from moisture and heat (do not store above 25 °C). The product may be used up to the date <EXP> shown on the pack.

What does Ca-C 1000 Sandoz contain?

1 effervescent tablet contains:

Active ingredients: 1 g of calcium lactate-gluconate, 0.327 g of calcium carbonate, 1 g of vitamin C (ascorbic acid).

Excipients: 2 g of sugar, saccharin, flavourings. In addition, the orange effervescent tablets contain 1% beta-carotene (E 160).

Packaging

Pack of 10 effervescent tablets with orange or lemon flavour.

Novartis Consumer Health SA Nyon Switzerland

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(THIS IS A MEDICAMENT)

- Medicament is a product which affects your health, and its consumption contrary to instructions is dangerous for you.
- Follow strictly the doctor's prescription, the method of use, and the instructions of the pharmacist who sold the medicament.
- The doctor and the pharmacist are experts in medicine, its benefits and risks.
- Do not by yourself interrupt the period of treatment prescribed for you.
- Do not repeat the same prescription without consulting your doctor.

Keep medicament out of reach of children

Council Of Arab Health Ministers
Union Of Arab Pharmacists

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