

BONIUM

Composition

Each **BONIUM Tablet** contains:

Calcium citrate	1000 mg
Vitamin D3 200 IU	
Magnesium hydroxide equivalent to elemental magnesium	100 mg
Zinc sulphate monohydrate equivalent to elemental zinc	4 mg

Pharmacology

Calcium is the major extracellular divalent cation. Ionized calcium in the plasma has many vital functions including formation of bones and teeth, coagulation of blood, contraction of muscles, cardiac action, milk production, relay of electrical and chemical messages that arrive at a cell's surface membrane to the biochemical machinery within the cell, keeping the membranes of cells intact and in the metabolism of the enzymes and hormones. Adequate calcium intake is particularly important during periods of bone growth in childhood and adolescence and during pregnancy and lactation.

Vitamin D3 or cholecalciferol is the form of vitamin D, which occurs in natural foods and is formed in the skin. Vitamin D promotes the active transport of calcium and therefore of phosphate from the gut, to control, with parathormone, the mineralisation of bone and to promote the renal tubular re-absorption of calcium and phosphate.

Magnesium is a constituent of bones, and is present in all body cells. Human adult body contains about 25 g of magnesium of which about half is found in the skeleton. Magnesium plays an important role in the normal metabolism of calcium and potassium.

Zinc is a component of many enzymes and is present in small amounts in all tissues. It is active in the metabolism of glucides and proteins, and is required for the synthesis of insulin by the pancreas and for the immunity function. Zinc is widely distributed in foodstuffs, both animal and vegetable, but its bioavailability from vegetable foods is low. Its requirements are higher in growing children and pregnant and lactating women.

Indications

BONIUM is indicated in calcium and vitamin D deficiency state, rickets, during pregnancy and lactation and for postmenopausal women.

Contraindications

Use of **BONIUM** is contraindicated in presence of renal calculi and hypophosphataemia.

Precautions

BONIUM should be used with caution in patients with end stage renal failure and hypoparathyroidism. Caution should be exercised during prolonged use of therapeutic amounts of calcium.

Pregnancy & Lactation

BONIUM can be used in pregnant and nursing women.

Drug Interactions

Clinically significant interactions have been observed with the concomitant use of calcium with thiazide diuretics, atenolol, iron salts, tetracyclines, norfloxacin and verapamil.

Adverse Reactions

Common adverse events associated with the use of calcium containing formulations include anorexia, nausea, vomiting, constipation, abdominal pain, dry mouth, thirst and polyuria.

Dosage & Administration

The usual recommended dose of **BONIUM** is one tablet to be taken once a day.

Presentation

BONIUM is available in a blister of 10 tablets.