

Brand Name : Tablet Calzen

Content : Calcium citrate 500 + Vitamin D3(Calcitriol) 250IU + Zinc sulphate 7.5mg + Magnesium hydroxide 100mg

Mechanism of Action : The major mechanism whereby calcium effects bone is through inhibition of PTH secretion. Calcium alters the physical-chemical properties of the bone mineral. With inadequate calcium, the bone is not optimally mineralized. Direct effects of calcium on the calcium receptor could also play a role.

Magnesium plays an essential role in the proper functioning of the nerves, muscles and heart. It plays an important role in uterine muscle tone during pregnancy and labor.

Zinc helps your immune system and plays a role in making DNA and proteins. It is required for the functioning of enzymes that produce collagen and other connective proteins needed for bone matrix. Zinc deficiency is linked to poor bone growth.

Vitamin D must be adequate for optimal absorption of calcium.

Why calcium citrate?

The bioavailability of citrate and carbonate is same but citrate can be taken with or without food and is advisable to take citrate in stomach ulcers cause carbonate causes acid influx and so it can aggravate ulcers.

Calcium citrate is useful for people with achlorhydria, inflammatory bowel disease, or absorption disorders.

The bones don't care if the calcium came from food, fortified food, or supplements. Use a combination that works for the patient.

Calcium is absorbed better when taken through-out the day. It should be taken at least twice a day.

How to use Tablet Calzen :

Each tablet is taken as prescribed by physician.

Each tablet is taken twice in a day, with or without food.

Keep out of reach of children,

Store in a cool & dry place. Protect from direct light.

Use in :

- Pregnancy & Lactation.
- Osteoporosis & Osteopenia.
- Fracture
- Hypocalcemic conditions.

Packing :

Calzen is available in 1*15 special blister pack. Each tablet is white & oval in shape.