

# Calcium Carbonate

**Calcium Carbonate** - Calcium is a mineral used to treat osteoporosis (bone loss), kidney stones, and menstrual cramps. It is also used as a vitamin supplement to increase bone mass and is used as an antacid (to treat stomach acid upset).

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## Drug name

Calcium Carbonate

## Drug Uses

Calcium is a mineral used to treat osteoporosis (bone loss), kidney stones, and menstrual cramps. It is also used as a vitamin supplement to increase bone mass and is used as an antacid (to treat stomach acid upset).

## How Taken

Use Calcium Carbonate as directed by your doctor:

- If you are using this medicine without a prescription, follow the instructions on the medicine label. Ask your pharmacist or health caregiver if you are not sure how much calcium you should take in one day.
- Most calcium supplements should be taken with food. Drink a full glass of water (8 ounces) with each dose, unless you are on kidney dialysis.
- If you need to take more than one dose each a day, take each dose at evenly spaced times, unless your doctor has told you otherwise.

Ask your health care provider any questions you may have about how to use Calcium Carbonate.

## Drug Class and Mechanism

Calcium Carbonate supplies your body with calcium that your body needs to work properly.

## Missed Dose

Take the missed dose of 100% Pure Okinawan Coral Calcium as soon as you remember. Skip the missed dose and take the medicine at the next regularly scheduled time. Do not take extra medicine to make up the missed dose.

## Storage

Store Calcium Carbonate at 77 degrees F (25 degrees C). Store away from heat, moisture, and light. Brief storage at temperatures between 59 and 86 degrees F (15 and 30 degrees C) is permitted. Do not store in the bathroom. Keep Calcium Carbonate out of the reach of children and away from pets.

## Warnings Precautions

Do not use Calcium Carbonate if you are allergic to any ingredient in Calcium Carbonate. Make sure your doctor knows if you are pregnant or breast feeding, or if you are allergic to shellfish. Tell your doctor if you have kidney disease or have ever had kidney stones. Some health problems can affect how much calcium you should take. Tell your doctor if you have stomach or digestion problems, such as on-going diarrhea, not absorbing nutrients properly, or not having enough acid in your stomach. If you are using a large amount of calcium or using it for a long time, your doctor might need to check your blood on a regular basis. Be sure to keep all appointments.

## Possible Side Effects

If your doctor has directed you to use this medication, remember that he or she has judged that the benefit to you is greater than the risk of side effects. Many people using this medication do not have serious side effects. Tell your doctor immediately if any of these unlikely but serious side effects occur:

- nausea/vomiting;
- loss of appetite;
- unusual weight loss;
- mental/mood changes;
- bone/muscle pain;
- headache;
- increased thirst/urination;
- weakness;
- unusual tiredness;

A very serious allergic reaction to this drug is rare. However, seek immediate medical attention if you notice any symptoms of a serious allergic reaction, including:

- ◇ rash
- ◇ itching/swelling (especially of the face/tongue/throat)
- ◇ severe dizziness
- ◇ trouble breathing

This is not a complete list of possible side effects. If you notice other effects not listed above, contact your doctor or pharmacist.

## More Information

- ◇ We guarantee our coral calcium to be the freshest and purest available and we back it with a full 30-day money back guarantee.
- ◇ Contains 74 pure ionic & organic minerals.
- ◇ Maintains positive PH for alkaline balance.
- ◇ Absolutely NO dicyandiamide or dihydrotriazine derivatives.

◇ Produces from ecologically safe above-sea coral.

**Site:**

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