

# Citritol

Calcium + Calcitriol BP

## Description

Calcium is an essential element and vital roles in the body. It helps body's framework stronger by building bone. It is useful for prevention and treatment of osteoporosis and associated fractures. Calcitriol is also essential for healthy bones as it aids in absorption of calcium from the GI tract. In addition to this, it stimulates bone formation. Calcium and Calcitriol has synergistic effects on bone growth as well as in osteoporosis and fracture prevention.

## Mode of action

The capacity of the small intestine to absorb calcium Citrate depends on the solubility and ionization of the salts. Calcium citrate absorption being greater than that of calcium lactogluconate and calcium carbonate. Elevated blood calcium levels (hypercalcaemia) can be attributed to increased parathyroid hormone (PTH) concentration and increased active vitamin D3. Calcitriol is a synthetic vitamin D analog which is active in the regulation of the absorption of calcium from the gastrointestinal tract and its utilization in the body

## Pharmacokinetics

The absorption of Calcium citrate from gout is only about 60% to 70% but with the help of vitamin D it will increased up to 85-90%.

## Composition

**Citritol Tablet:** Each film coated tablet contains Calcium citrate USP 1200 mg equivalent to Calcium 252 mg and Calcitriol BP 0.25 mcg.

## Indications

Pregnancy & Lactation, Osteoporosis & Osteopenia, Fracture, Hypocalcemic conditions

## Dosage & administration

2 tablets per day, preferably one tablet each morning and evening.

## Contraindications

Hypocalcaemia due to myeloma, bone metastases or other malignant bone disease, sarcoidosis; primary hyperparathyroidism and vitamin D over dosage.

## Side effects

The use of calcium supplements has, rarely, give rise to mild gastro-intestinal disturbances such as constipation, flatulence, nausea, gastric pain, diarrhea, Following administration of vitamin D supplements occasional skin rash has been reported.

## Use in pregnancy & lactation

During pregnancy and lactation, requirements for calcium and vitamin D are increased but in deciding on the required supplementation allowances should be made for availability of these agents from other sources.

## Precautions

Patients with mild to moderate renal failure or mild hypercalciuria should be supervised carefully.

## Drug interactions

The risk of hypercalcaemia should be considered in patients taking thiazide diuretics since these drugs can reduce urinary calcium excretion. Concomitant treatment with phenytoin or barbiturates can decrease the effect of vitamin D because of metabolic activation. Concomitant use of glucocorticoids can decrease the effect of vitamin D.

## Over dosage

Symptoms include nausea, vomiting, polyuria, and constipation, chronic overdoses can lead to vascular and organ calcification as a result of hypercalcaemia.

## Storage

Store in a cool and dry place, protected from light.

## Packaging

**Citritol Tablet:** 30 tablet in bottle pack.



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