

## PACKAGE INSERT

SCHEDULING STATUS  
To be assigned

PROPRIETARY NAME AND DOSAGE FORM  
Opti-CAL Tablets

COMPOSITION  
Opti-CAL is comprised of 1 Component:

Component 1:

Each White Calcium & Collagen Tablet contains:	
Calcium (derived from Calcium Carbonate)	500 mg
Collagen (as Collagen Hydrolysed Type 1)	150 mg
Copper (derived from Copper Sulphate)	1 mg
Magnesium (derived from Magnesium Oxide)	150 mg
Manganese (derived from Manganese Sulphate)	3 mg
Potassium (derived from Potassium Phosphate Dibasic)	20 mg
Selenium (derived from Selenium Amino Acid Chelate)	30 µg
Silicon (derived from Silica Amino Acid Chelate)	1 mg
Vitamin D3 (as Cholecalciferol)	1 000 IU
Vitamin K2 (as Mena Q7)	45 µg
Zinc (derived from Zinc Oxide)	15 mg

PHARMACOLOGICAL CLASSIFICATION  
D: 32.2 (Other): Health Supplement

PHARMACOLOGICAL ACTION  
Pharmacodynamics:

**Calcium:** Calcium plays a structural role in bones and teeth and is essential for cellular structure, blood clotting, muscle contraction, nerve transmission, enzyme activation and hormone function.

**Collagen (hydrolysed Type 1):** Hydrolysed collagen is a source of essential and non-essential amino acids which are involved in protein and collagen synthesis.

**Copper:** Copper functions as an essential component of several enzymes (e.g. superoxide dismutase) and other proteins. It plays a role in bone formation and mineralisation, and in the integrity of the connective tissue of the cardiovascular system. Copper has pro-oxidant effects in vitro but antioxidant effects in vivo; there is accumulating evidence that adequate copper is required to maintain antioxidant effects within the body.

**Magnesium:** Magnesium is an essential cofactor for enzymes requiring adenosine triphosphate (ATP) (these are involved in glycolysis, fatty acid oxidation and amino acid metabolism). It is also required for the synthesis of ribonucleic acid (RNA) and replication of deoxyribonucleic acid (DNA); neuromuscular transmission; and calcium metabolism.

**Manganese:** Manganese activates several enzymes, including hydroxylases, kinases, decarboxylases and transferases. It is also a constituent of several metallo-enzymes, such as arginase, pyruvate carboxylase, and also superoxide dismutase, which protects cells from free radical attack. It may have a role in the regulation of glucose homeostasis and in calcium mobilisation.

**Potassium:** Potassium is the principal intracellular cation, and is fundamental to the regulation of acid-base and water balance. It contributes to transmission of nerve impulses, control of skeletal muscle contractility and maintenance of blood pressure.

**Selenium:** Selenium functions as an integral part of the enzyme glutathione peroxidase and other seleno-proteins. Glutathione peroxidase prevents the generation of oxygen free radicals that cause the destruction of polyunsaturated fatty acids in cell membranes.

**Silicon:** Silicon is involved in the formation of bones and connective tissues.

**Vitamin D:** Vitamin D is essential for promoting the absorption and utilisation of calcium and phosphorus and normal calcification of the skeleton. Along with parathyroid hormone (PTH) and calcitonin, it regulates serum calcium concentration by altering serum calcium and phosphate blood levels as needed, and mobilising calcium from bone. It maintains neuromuscular function and various other cellular processes, including the immune system and insulin production.

**Vitamin K2:** Vitamin K is responsible for the carboxylation of the bone protein, osteocalcin, to its active form. Osteocalcin regulates the function of calcium in bone turnover and mineralisation.

**Zinc:** Zinc is an essential component of over 200 enzymes. It plays an important role in the metabolism of proteins, carbohydrates, lipids and nucleic acids. It is a cofactor in a range of biochemical processes, including the synthesis of DNA, RNA and protein.

**INDICATIONS**

Helps build, strengthen and maintain healthy bones.

### CONTRAINDICATIONS

Hypersensitivity to any of the ingredients, including excipients.  
Not for use in children and adolescents below the age of 18 years.

- Opti-CAL should not be used by persons suffering from:
- conditions associated with hypercalcaemia and hypercalcuria, and in renal impairment (chronic);
  - renal osteodystrophy with hyperphosphataemia (risk of metastatic calcification);
  - Wilson's disease (the disorder may be exacerbated);
  - hepatic and biliary disease.

### WARNINGS AND SPECIAL PRECAUTIONS

Take 2 hours before or after taking other medications.

Consult your healthcare professional if:

- you are taking blood thinners;
- symptoms worsen;
- you are following a low protein diet.

Use for a minimum of 1 month to see beneficial results.

### INTERACTIONS

**Bisphosphonates:** calcium may reduce absorption of etidronate.

**4-Quinolones:** calcium and magnesium may reduce absorption of 4-quinolones.

**Tamoxifen:** calcium supplements may increase the risk of hypercalcaemia (a rare side-effect of tamoxifen therapy).

**Tetracyclines:** calcium and magnesium may reduce absorption of tetracyclines.

**Iron:** calcium carbonate or calcium phosphate may reduce absorption of iron.

**Zinc:** calcium may reduce absorption of zinc.

**Calcitonin:** effect of calcitonin may be antagonised by vitamin D.

**Digoxin:** caution because hypercalcaemia caused by vitamin D may potentiate effects of digoxin, resulting in cardiac arrhythmias.

**Thiazide diuretics:** vitamin D may increase risk of hypercalcaemia.

**Vitamin D analogues (alfacalcidol, calcitriol, dihydrotachysterol):** increased risk of toxicity with vitamin D supplements.

### PREGNANCY AND LACTATION

Safety during pregnancy and lactation has not been established.

### DOSAGE AND DIRECTIONS FOR USE

For oral use.

Evening: Take one White Calcium & Collagen Tablet with Dinner.

Take 2 hours before or after taking other medications.

### SIDE EFFECTS

May cause mild gastrointestinal disturbances e.g. nausea, diarrhoea, constipation, indigestion, bloating and flatulence.

Zinc supplementation may cause a copper deficiency.

### KNOWN SYMPTOMS OF OVERDOSEAGE AND PARTICULARS OF ITS TREATMENT

Vitamin D could (in exceptional circumstances) cause toxicity; the margin of safety is very narrow. There is a wide variation in tolerance to vitamin D.

Excessive intake leads to hypercalcaemia and its associated effects. These include apathy, anorexia, constipation, diarrhoea, dry mouth, fatigue, headache, nausea and vomiting, thirst and weakness. Later symptoms are often associated with calcification of soft tissues and include bone pain, cardiac arrhythmias, hypertension, renal damage (increased urinary frequency, decreased urinary concentrating ability; nocturia, proteinuria), psychosis (rare) and weight loss.

If an overdose is suspected, the medicine should be stopped immediately.

### IDENTIFICATION

Component 1: White Oval Film-coated Tablet.

### PRESENTATION

A cardboard carton containing a blister strip of 30 White Calcium & Collagen Tablets.

### STORAGE INSTRUCTIONS

Store at or below 25 °C.

Protect from light and moisture.

Keep the blister strips in the outer carton.

### KEEP OUT OF REACH OF CHILDREN

### REGISTRATION NUMBER

To be assigned

### NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION

AnaStellar Brands (Pty) Ltd  
Boskruin Business Park, Unit 15, North Wing, Ground Floor, Bosbok Road, Randpark Ridge, 2169,  
Gauteng, Republic of South Africa  
+27 (0)11 792 4601

### DATE OF PUBLICATION OF THE PACKAGE INSERT

July 2016

This medicine has not been evaluated by the Medicines Control Council.  
This medicine is not intended to diagnose, treat, cure or prevent any disease.

## PATIENT INFORMATION LEAFLET

SCHEDULING STATUS  
To be assigned

PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM  
Opti-CAL Tablets

Read all of this leaflet carefully before you start taking Opti-CAL

Opti-CAL is available without a doctor's prescription, for you to treat a mild condition. Nevertheless you still need to use Opti-CAL carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Opti-CAL with any other person.
- Ask your pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve.

### WHAT FLEXI-CAL CONTAINS

Opti-CAL is comprised of 1 Component:

Component 1:

Each White Calcium & Collagen Tablet contains:	
Calcium (derived from Calcium Carbonate)	500 mg
Collagen (as Collagen Hydrolysed Type 1)	150 mg
Copper (derived from Copper Sulphate)	1 mg
Magnesium (derived from Magnesium Oxide)	150 mg
Manganese (derived from Manganese Sulphate)	3 mg
Potassium (derived from Potassium Phosphate Dibasic)	20 mg
Selenium (derived from Selenium Amino Acid Chelate)	30 µg
Silicon (derived from Silica Amino Acid Chelate)	1 mg
Vitamin D3 (as Cholecalciferol)	1 000 IU
Vitamin K2 (as Mena Q7)	45 µg
Zinc (derived from Zinc Oxide)	15 mg

The other ingredients are Flexicoat® white, magnesium stearate (vegetable), maize starch, povidone, shellac and silicon dioxide.

### WHAT Opti-CAL IS USED FOR

Helps build, strengthen and maintain healthy bones.

### BEFORE YOU TAKE Opti-CAL

Do not take Opti-CAL if:

- Hypersensitive (allergic) to any of the ingredients of Opti-CAL.
- You are younger than 18 years old.
- You suffer from chronic kidney disease or if you have high levels of calcium in either your blood or urine.
- You suffer from renal osteodystrophy with hyperphosphataemia (a bone disease caused by incorrect functioning of the kidneys).

### Take special care with Opti-CAL:

Take Opti-CAL 2 hours before or after taking any medication.

Consult your healthcare professional if:

- you are taking blood thinners;
- your symptoms worsen;
- you are following a low protein diet.

You should use Opti-CAL for at least 1 month before you see beneficial results.

### Taking Opti-CAL with food and drink:

Opti-CAL should be taken with food.

### Pregnancy and breastfeeding:

If you are pregnant or breastfeeding your baby, please consult your doctor, pharmacist or other healthcare professional for advice before taking this medicine.

### Taking other medicines with Opti-CAL:

Always tell your healthcare professional if you are taking any other medicine. This includes complementary or traditional medicines.

**Bisphosphonates (used in the treatment of osteoporosis):** calcium may reduce absorption of etidronate.

**4-Quinolones (a group of antibiotics):** calcium and magnesium may reduce absorption of 4-quinolones.

**Tamoxifen (used in the prevention and treatment of breast cancer):** calcium supplements may increase the risk of hypercalcaemia (high levels of calcium in the blood).

**Tetracyclines (a type of antibiotic):** calcium and magnesium may reduce absorption of tetracyclines.

**Iron:** calcium carbonate or calcium phosphate may reduce absorption of iron.

**Zinc:** calcium may reduce absorption of zinc.

**Calcitonin (a hormone):** vitamin D may work against the effect of calcitonin.

**Digoxin (a medicine used to treat heart failure):** high calcium levels in the blood caused by vitamin D may increase the effects of digoxin, resulting in cardiac arrhythmias (abnormal heart rhythm).

**Thiazide diuretics (a medicine used to treat high blood pressure and water retention/swelling):** vitamin D may increase the risk of hypercalcaemia (high levels of calcium in the blood).

**Vitamin D analogues (alfacalcidol, calcitriol, dihydrotachysterol):** increased risk of toxicity with vitamin D supplements.

### HOW TO TAKE Opti-CAL

Do not share medicines with any other person.

You should check with your doctor or pharmacist if you are unsure on how to use Opti-CAL. The usual dose is one white calcium & collagen tablet in the evening with dinner. Take 2 hours before or after taking other medications.

### If you take more Opti-CAL than you should:

In the event of an overdoseage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre.

### If you missed a dose of Opti-CAL:

Do not take a double dose to make up for a forgotten individual dose.

### Possible Side Effects

Opti-CAL can have side effects.

Not all side effects reported for Opti-CAL are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking this medicine, please consult your doctor, pharmacist or other healthcare professional for advice. You may (in exceptional circumstances) experience nausea, diarrhoea, constipation, indigestion, bloating and flatulence while taking Opti-CAL. Zinc supplementation may cause a copper deficiency. If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

### STORING AND DISPOSING OF OPTI-CAL

Store all medicines out of reach of children.

Store at or below 25 °C.

Protect from light and moisture.

Keep the blister strips in the outer carton.

Return all unused medicine to your pharmacist.

Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

### PRESENTATION OF OPTI-CAL

A cardboard carton containing a blister strip of 30 White Calcium & Collagen Tablets.

### IDENTIFICATION OF OPTI-CAL

Component 1: White Oval Film-coated Tablet.

### REGISTRATION NUMBER:

To be assigned

### NAME AND ADDRESS OF REGISTRATION HOLDER

AnaStellar Brands (Pty) Ltd  
Boskruin Business Park,  
Unit 15, North Wing, Ground Floor,  
Bosbok Road, Randpark Ridge, 2169,  
Gauteng, Republic of South Africa  
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### DATE OF PUBLICATION

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## VOUBLIJET

SKEDULERINGSTATUS  
Moet toegewys word

EIENDOMSNAAM EN DOSERINGSVORM  
Opti-CAL Tablette

SAMESTELLING  
Opti-CAL bestaan uit 1 Komponent:

### Komponent 1:

Elke Wit Kalsium & Kollageen Tablet bevat:	
Kalsium (verkry van Kalsiumkarbonaat)	500 mg
Kollageen (as Kollageen Gehidroliseer Tipe 1)	150 mg
Koper (verkry van Kopersulfaat)	1 mg
Magnesium (verkry van Magnesiumumoksied)	150 mg
Mangaan (verkry van Mangaansulfaat)	3 mg
Kalium (verkry van Kaliumfosfaat Dibasies)	20 mg
Selen (verkry van Selenaminosuurchelaat)	30 µg
Silikon (verkry van Silika-aminosuurchelaat)	1mg
Vitamien D3 (as Cholekalsiferol)	1000 IE
Vitamien K2 (as Mena Q7)	45 µg
Sink (verkry van Sinkoksied)	15 mg
Bindmiddels: Flexicoat®wit, magnesiumstearaat(plant), mielietystel, povidon, skellak, silikondioksiëd	

FARMAKOLOGIESE KLASIFIKASIE  
D: 32.2 (Ander): Gesondheidsaanvulling

FARMAKOLOGIESE WERKING  
Farmakodinamika:

**Kalsium:** Kalsium speel 'n strukturele rol in bene en tandé en is noodsaklik vir sellulére strukture, bloedstolling, spiersametrekkings, senuwee-oordrag, ensiaktivering en hormoonfunksie.

**Kollageen (gehidroliseer Tipe 1):** Gehidroliseerde kollageen is 'n bron van essensiële en nie-essensiële aminosure wat by proteïen- en kollageensintese betrokke is.

**Koper:** Koper funksioneer as 'n essensiële komponent van 'n aantal ensieme (bv. superoksieddismutase) en ander proteïene. Dit speel 'n rol in beenvorming en mineralisasie, en in die integriteit van die bindweefsel van die kardiovaskulêre stelsel. Koper het pro-oksidaant effekte in vitro maar antioksidaant-effekte in vivo; daar is toenemende bewyse dat voldoende koper nodig is om antioksidaant-effekte in die liggaam in stand te hou.

**Magnesium:** Magnesium is 'n essensiële kofaktor vir ensieme wat adenosientrifosfaat (ATP) nodig het (hulle is betrokke by glikolise, vetsuuroksidasie en aminosuurmatabolisme). Dit is ook nodig vir die sintese van ribonukleinsuur (RNA) en replikasie van deoksiribonukleinsuur (DNA); neuromuskulêre oordrag; en kalsiummetabolisme.

**Mangaan:** Mangaan aktieer 'n aantal ensieme, insluitend hidroksilases, kinases, dekarboksilases en transferases. Dit is ook 'n bestanddeel van etlike metalloënsieme, soos arginase, piruvaatkarboksilase, en ook superoksieddismutase, wat selle teen vryradikaalaanval beskerm. Dit mag 'n rol in die regulering van glukosehomeostase en in kalsiummobilisasie hé.

**Kalium:** Kalium is die hoof-intrasellulêre katagoon, en is fundamenteel tot die regulering van suurbasis en waterbalans. Dit dra by tot die oordrag van senu-impulse, beheer van skeletspier-saamtrekbaarheid en instandhouing van bloeddruk.

**Selen:** Selen funksioneer as 'n integrale deel van die ensiem glutatioonperoksidaasie en ander selenoproteïene. Glutatioonperoksidaasie voorkom die ontwikkeling van suurstof-vryradikale wat die vernietiging van poli-oxversadige veters in selmembrane veroorsaak.

**Silikon:** Silikon is by die vorming van bene en bindweefsels betrokke.

**Vitamien D:** Vitamien D is noodsaklik om die opname en benutting van kalsium en fosfor en normale kalsifisering van die skelet te bevorder. Saam met paratiroïedhormoon (PTH) en kalitonin reguleer dit serumkaliumkonsentrasie deur serumkalsium- en fosfaat-bloedvlakte te wissig soos nodig, en kalsium uit been te mobiliseer. Dit hou neuromuskulêre funksie en verskeie ander sellulêre prosesse in stand, insluitend die immuunstelsel en insulinenproduksie.

**Vitamien K2:** Vitamien K2 is verantwoordelik vir die karboksilasie van die beenproteïen, osteokalsien, tot sy aktiewe vorm. Osteokalsien reguleer die funksie van kalsium in beenomset en mineralisering.

**Sink:** Sink is 'n essensiële komponent van meer as 200 ensieme. Dit speel 'n belangrike rol in die metabolisme van proteïene, koolhidrate, lipide en nukleinsure. Dit is 'n kofaktor in 'n reeks biochemiese prosesse, insluitend die sintese van DNA, RNA en proteïne.

### INDIKASIES

Help om gesonde bene te bou, te versterk en in stand te hou.

### KONTRA-INDIKASIES

Hipersensitiviteit vir enige van die bestanddele, insluitend bindmiddels.  
Nie vir gebruik in kinders en jeugdiges onder 18 jaar nie.  
Opti-CAL moet nie gebruik word deur persone wat ly aan:  
• enige aandoening geassosieer met hiperkalsemie en hiperkalsiurie, asook by nierontorektheid (chronies);  
• nier-osteodistrofie met hiperfosfatemie (risiko van metastatiese kalsifisering);  
• Wilson se siekte (die aandoening mag vererger word);  
• lewer- en galsiekte.

### WAARSKUWINGS EN SPESIALE VOORSORG

Neem 2 uur voor of na ander medikasies.  
Raadpleeg jou gesondheidskundige indien:  
• jy bloedverdunners neem;  
• simptome erger word;  
• jy 'n lae-proteïen diëet volg.  
Gebruik vir ten minste 1 maand om voordele resultate te sien.

### INTERAKSIES

**Bisfosfonate:** kalsium mag die opname van etidronate verminder.  
**4-Kinolone:** kalsium en magnesium mag die opname van 4-kinolone verminder.  
**Tamoksifeen:** kalsiumaanvullings mag die risiko van hiperkalsemie ('n seldsame newe-effek van tamoksifeenbehandeling) verhoog.  
**Tetrasikliene:** kalsium en magnesium mag die opname van tetrasikliene verminder.  
**Yster:** kalsiumkarbonaat of kalsiumfosfaat mag die opname van yster verminder.  
**Sink:** sink mag die opname van sink verminder.  
**Kalsitonien:** die effek van kalsitonien mag deur vitamien D teengewerk word.  
**Digoksin:** wees versigtig want hiperkalsemie wat deur vitamien D veroorsaak word, mag die uitwerkings van digoksin versterk, wat harttrimetoorinis kan gevolg kan hé.  
**Tiasediüretika:** vitamien D mag die risiko van hiperkalsemie verhoog.  
**Vitamien D analoge (afakalsidol, kalsitriol, dihidrogasterol):** verhoogde risiko van toksiteit met vitamien D aanvullings.

### SWANGERSKAP EN LAKTASIE

Veiligheid tydens swangerskap en laktasie is nie vasgestel nie.

### DOSERING EN GEBRUIKSAANWYSINGS

Vir mondlike gebruik.  
Saans: Neem een Wit Kalsium & Kollageen Tablet met Aandete.  
Neem 2 uur voor of na ander medikasies.

### NEWE-EFFEKTE

Mag ligte gastrointestinale versturings, bv. naarheid, diarree, hardlywigheid, slegte spysvertering, opgeblaasde maag en winderigheid veroorsaak.  
Sinkaanvulling mag 'n gebrek aan koper veroorsaak.

### BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE OOR DIE BEHANDELING DAARVAN

Vitamien D kan (in buitengewone omstandighede) toksiteit veroorsaak; die veiligheidsgrens is baie gering. Daar bestaan 'n wye verskil in verdraagsaamheid vir vitamien D.  
Oormatige innname lei tot hiperkalsemie en die gepaardgaande uitwerkings. Dit sluit lusteloosheid, anoreksie, hardlywigheid, diarree, droë mond, uitputting, hoofpyn, naarheid en braking, dors en swakhed in.  
Later simptome is dikwels van sagteweefels geassosieer en sluit in beenpyn, harttrimetoorinis, hoë bloeddruk, nierskade (verhoogde urineriesfrekwensie, verminderde urienkonserasievermoë; nokturie, proteïenurie), psigose (seldsaam) en gewigswerves. As 'n oordosis vermoed word, moet die middel dadelik gestaak word.

### IDENTIFIKASIE

**Komponent 1:** Wit Oval Filmbedekte Tablet.

### AANBIEDING

'n Kartonhouer wat een stulpverpakkingstrook met 30 Wit Kalsium & Kollageen Tablette bevat.

### BERGINGSANWYSINGS

Bewaar teen 25 °C van benede.  
Beskerm teen lig en vog.  
Hou die stulpverpakkingstrook in die buitenste karton.  
**HOU BIJTE DIE BEREIK VAN KINDERS**

### REGISTRASIONOMMER

Moet toegeken word

### NAAM EN BESIGHEIDSADRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT

AnaStellar Brands (Edms) Bpk  
Boskruin Business Park, Eenheid 15, Noordelike Vleuel, Grondverdieping,  
Bosbokweg, Randpark Ridge, 2169, Gauteng, Republiek van Suid-Afrika  
+27 (0)11 792 4601

### DATUM VAN PUBLIKASIE VAN DIE VOUBLIJET

Julie 2016

Hierdie medisyne is nie deur die Medisynebeheerraad geëvalueer nie. Hierdie medisyne het nie ten doel om enige siekte te diagnosteer, behandel, genees of te voorkom nie.

## PASIËNT-INLIGTINGSPAMFLET

SKEDULERINGSTATUS  
Moet toegewys word

EIENDOMSNAAM, STERKTE EN FARMASEUTIESE VORM  
Opti-CAL Tablette en Sagtejal Kapsules

### Lees hierdie hele pamflet sorgvuldig voordat jy OPTI-CAL begin neem

Opti-CAL is verkrybaar sonder 'n doktersvoorskrif, sodat jy 'n ligte toestand kan behandel. Nogtans moet jy Opti-CAL steeds versigtig gebruik om die beste resultate daaruit te kry.

- Hou hierdie pamflet. Dit mag nodig wees om hom weer te lees.
- Moenie Opti-CAL met 'n ander persoon deel nie.
- Vra jou apoteker as jy meer inligting of advies nodig het.
- Raadpleeg 'n dokter as jou simptome erger word of nie verbeter nie.

### WAT OPTI-CAL BEVAT

Opti-CAL bestaan uit 1 Komponent:

### Komponent 1:

#### Elke Wit Kalsium & Kollageen Tablet bevat:

Kalsium (verkry van Kalsiumkarbonaat)	500 mg
Kollageen (as Kollageen Gehidroliseer Tipe 1)	150 mg
Koper (verkry van Kopersulfaat)	1 mg
Magnesium (verkry van Magnesiumumoksied)	150 mg
Mangaan (verkry van Mangaansulfaat)	3 mg
Kalium (verkry van Kaliumfosfaat Dibasies)	20 mg
Selen (verkry van Selenaminosuurchelaat)	30 µg
Silikon (verkry van Silika-aminosuurchelaat)	1mg
Vitamien D3 (as Cholekalsiferol)	1000 IE
Vitamien K2 (as Mena Q7)	45 µg
Sink (verkry van Sinkoksied)	15 mg

Die ander bestanddele is Flexicoat®wit, magnesiumstearaat(plant), mielietystel, povidon, skellak en silikondioksiëd.

### WAARVOOR FLEXI-CAL GEBRUIK WORD

Help om gesonde bene te bou, te versterk en in stand te hou.

### VOORDAT JY OPTI-CAL NEEM

#### Moet nie OPTI-CAL neem indien:

- Jy hypersensitief (allergies) vir enige van die bestanddele van Opti-CAL is.
- Jy jonger as 18 jaar is.
- Jy chroniese niersiekte het of hoë kalsiumvlakte in jou bloed of urine het.
- Jy aan nier-osteodistrofie met hiperfosfatemie ly ('n beensiekte wat ontstaan wanneer die niere nie reg werk nie).

#### Wees bedagsaam wanneer jy OPTI-CAL neem:

Neem Opti-CAL 2 uur voor of na ander medikasies.

Raadpleeg jou gesondheidskundige indien:

- jy bloedverdunners neem;
- jou simptome erger word;
- jy 'n lae-proteïen diëet volg

Jy behoort Opti-CAL vir minstens 1 maand te gebruik voordat jy voordele resultate sal sien.

### OPTI-CAL SAAM MET KOS EN DRANKE:

Opti-CAL moet saam met kos geneem word.

### Swangerskap en borsvoeding:

As jy swanger is of jou baba borsvoed, raadpleeg asseblief jou dokter, apoteker of ander gesondheidskundige voordat jy hierdie middel neem.

### Ander medisyne saam met OPTI-CAL:

Se altyd vir jou gesondheidskundige as jy enige ander medisyne neem.  
Dit sluit gesondheidsaanvullings of tradisionele medisyne in.

**Bisfosfonate (in die behandeling van osteoporose gebruik):** kalsium mag die opname van etidronate verminder.

**4-Kinolone (in groep antibiotika):** kalsium en magnesium mag die opname van 4-kinolone verminder.

**Tamoksifeen (in die voorkoming en behandeling van borskanker gebruik):** kalsiumaanvullings mag die risiko van hiperkalsemie (hoë kalsiumvlakte in die bloed) verhoog.

**Tetrasikliene (in tipe antibiotika):** kalsium en magnesium mag die opname van tetrasikliene verminder.

**Yster:** kalsiumkarbonate of kalsiumfosfaat mag die opname van yster verminder.

**Sink:** kalsium mag die opname van sink verminder.

**Kalsitonien (in hormoon):** vitamien D mag teen die effek van kalsitonien werk.

**Digoksin (in middel wat gebruik word om hartversaking te behandel):** hoë kalsiumvlakte in die bloed wat deur vitamien D veroorsaak word, mag die uitwerkings van digoksin verhoog, wat kardiale aritmieë (abnormale hartritme) tot gevolg kan hé.

**Tiasieddiüretika (medisyne wat gebruik word om hoë bloeddruk en waterretensie/swelte te behandel):** vitamien D mag die risiko van hiperkalsemie (hoë kalsiumvlakte in die bloed) verhoog.

**Vitamien D analoë (afakalsidol, kalsitriol, dihidrogasterol):** verhoogde risiko van toksiteit met vitamien D aanvullings.

### HOE OM OPTI-CAL TE NEEM

Moenie medisyne met iemand anders deel nie.

As jy onseker is oor hoe om Opti-CAL te gebruik, bespreek dit gerus met jou dokter of apoteker. Die gewone dosis is een wit kalsium & kollageen tablet met aandete. Neem 2 uur voor of na ander medikasies.

### As jy meer OPTI-CAL neem as wat jy behoeft:

In die geval van 'n oordosis, kontak jou dokter of apoteker. As nie een beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

### As jy 'n OPTI-CAL dosis oorgeslaan het:

Moenie 'n dubbeldosis neem om vir die vergelyke individuele dosis op te maak nie.

### MOONLIKE NEWE-EFFEKTE

Opti-CAL kan newe-effekte hé.

Nie alle newe-effekte wat vir Opti-CAL vermeld is, is in hierdie pamflet ingesluit nie. As jou algemene gesondheid sou versleg of as jy enige ongewenste uitwerkings ondervind terwyl jy hierdie middel neem, raadpleeg asseblief jou dokter, apoteker of ander gesondheidskundige vir professionele advies.

Jy mag (in uitsonderlike gevalle) daarheid, diarree, hardlywigheid, slechte spysvertering, opgeblaasde maag en winderigheid ervara terwyl jy Opti-CAL neem.

Sinkaanvalling mag 'n gebrek aan koper veroorsaak.

As jy enige newe-effekte ondervind wat nie in hierdie pamflet genoem word nie, sé asseblief vir jou dokter of apoteker daarvan.

### BEWARING EN WEGGOOI VAN OPTI-CAL

Hou alle medisyne buite kinders se bereik.

Bewaar teen 25 °C of benede.

Beskerm teen lig en vog.

Hou die stulpverpakkingstrook in die buitenste karton.

Neem alle ongebruikte medisyne terug na jou apoteker.

Moenie ongebruikte medisyne in dreine of riolstelsels (bv. toilette) weggooi nie.

### AANBIEDING VAN OPTI-CAL

'n Kartonhouer wat een stulpverpakkingstrook met 30 Wit Kalsium & Kollageen Tablette bevat.

### IDENTIFIKASIE VAN OPTI-CAL

#### Komponent 1: Wit Oval Filmbedekte Tablet.

### REGISTRASIONOMMER

Moet toegeken word

### NAAM EN ADRES VAN DIE REGISTRASIEHOUER

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Hierdie medisyne is nie deur die Medisynebeheerraad geëvalueer nie.

Hierdie medisyne het nie ten doel om enige siekte te diagnosteer, behandel, genees of te voorkom nie.