

Brand Name: Harcal-MZ

Composition: Calcium citrate + Magnesium + Zinc tablets.

Dosage Form: Tablets

Category: Bone-mineral supplement

Packaging Type: Blister

Packaging: 15 × 10 tablets

Brief product information:

Harcal MZ is a dietary supplement manufactured by **AstraEureka Pharmaceuticals**, formulated to support bone health and address deficiencies in essential minerals. This combination aids in the prevention and treatment of bone disorders such as osteoporosis and osteomalacia. The formulation enhances calcium absorption, supports bone mineralization, and contributes to overall skeletal health. Harcal MZ is suitable for adults, especially those with increased calcium and vitamin D requirements.

Composition:

Each tablet contains:

Calcium Citrate.....	1000 mg
eq to elemental calcium.....	200 mg
Magnesium Hydroxide	
equivalent to elemental magnesium.....	100 mg
Zinc Sulphate	
equivalent of elemental zinc.....	4 mg
Calcitriol.....	0.25 mcg

Key Benefits

1. Enhances bone density and strength
2. Corrects multi-mineral deficiencies
3. Supports muscle, immune, and neuromuscular health
4. Ideal for osteoporosis prevention, muscle cramp relief, and bone maintenance

Indications

1. Calcium, magnesium, zinc, or vitamin D deficiency
2. Osteoporosis, osteomalacia, hypoparathyroidism
3. Pregnancy, lactation, aging adults
4. Muscle cramps, latent tetany

Directions for Use / Dosage

1. Adults: One tablet daily with food, or as per physician advice
2. Children & special populations: Follow medical guidance

Safety Information

- **Administration with Food:** Taking Harcal MZ with meals may enhance calcium absorption and reduce potential gastrointestinal discomfort.
- **Hydration:** Adequate fluid intake is recommended to prevent dehydration, which can exacerbate the risk of hypercalcemia, especially in patients with normal renal function.
- **Monitoring:** Regular monitoring of serum calcium, magnesium, and vitamin D levels is advisable during prolonged use to avoid electrolyte imbalances.
- Store the tablets in a cool, dry place, away from direct sunlight and moisture. Keep out of reach of children.

Mechanism of Action

- **Calcium citrate:** Well-absorbed source of calcium; essential for bone strength, neuromuscular and cardiovascular function
- **Magnesium hydroxide:** Supports calcium metabolism; activates bone-forming enzymes and neuromuscular signaling
- **Zinc sulphate:** Co-factor in bone remodeling, stimulates osteoblasts, supports immune and growth functions .
- **Calcitriol:** Active vitamin D; enhances intestinal calcium absorption, regulates parathyroid, supports bone mineralization

Contraindications

1. **Hypercalcemia:** Contraindicated in individuals with elevated calcium levels in the blood.
2. **Hypercalciuria:** Not recommended for patients with high calcium levels in the urine.
3. **Severe Renal Impairment:** Should be avoided in patients with significant kidney dysfunction due to the risk of accumulation of calcium and magnesium.
4. **Hypersensitivity:** Contraindicated in individuals with known allergies to any of the components of the formulation. **Hypervitaminosis D:** Not suitable for patients with excessive vitamin D levels.
5. **Bowel Obstruction or Perforation:** Should not be used in patients with gastrointestinal tract obstructions or perforations.

Side Effects

1. Common: Constipation, GI upset (nausea, flatulence)
2. Less common: Headache, hypercalcemia signs (thirst, polyuria)

Important Notice

- Avoid excessive calcium intake.
- Maintain adequate hydration to reduce risk of kidney stones.
- In renal impairment, monitor electrolytes.
- Not for acute fracture or as sole therapy in severe osteoporosis.

Storage Condition

1. Store in a cool, dry place away from direct sunlight.
2. Keep in original blister until use; keep out of reach of children.

Packing Information

- Blister pack: 15 strips × 10 tablets each.

