

# WINA CAL-MAG TABLET

Calcium Carbonate/Magnesium Sulphate (300mg/100mg)

## What is in this leaflet

1. What Wina Cal-Mag is used for
2. How Wina Cal-Mag works
3. Before you use Wina Cal-Mag
4. How to use Wina Cal-Mag
5. While you are using Wina Cal-Mag
6. Side effects
7. Storage and disposal of Wina Cal-Mag
8. Product description
9. Manufacturer and Product Registration Holder
10. Date of revision

## What Wina Cal-Mag is used for

For the dietary supplement of calcium and magnesium.

## How Wina Cal-Mag works

Wina Cal-Mag contains calcium and magnesium which is important substance in bone formation.

## Before you use Wina Cal-Mag

### -When you must not use it

If you are allergic (hypersensitive) to calcium or magnesium or any of the other ingredients of this medicine.

### Pregnancy and lactation

Talk to your doctor before taking this medicine if you are pregnant, might become pregnant or are breastfeeding.

### -Before you start to use it

Talk to your doctor before taking this medicine.

### -Taking other medicines

Inform your doctor or pharmacist before taking these medicines, including any that you get without a prescription from your pharmacy, supermarket or health food shop.

## How to use Wina Cal-Mag

### -How much to use

Always use Wina Cal-Mag exactly as your doctor has prescribed. You should check with your doctor or pharmacist if in doubt.

### The usual dose:

1-3 tablets daily, or as recommended by physician.

### -When to use it

Use as directed by your doctor or pharmacist.

### -How long to use it

Continue taking Wina Cal-Mag as your doctor recommended. If symptoms persist, consult your doctor.

### -If you forget to use it

Consult your doctor or pharmacist on what you should do if you forget to use it.

Take the missed dose as soon as you remember. If it is almost time for your next dose, wait until then to take the medicine and skip the missed dose. Do not take a double dose to make up for the missed dose.

### -If you use too much (overdose)

Contact your doctor immediately or go to the Emergency Department of your nearest hospital, if you think you or anyone else may have taken too much of this medicine. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

## While you are using Wina Cal-Mag

### -Things you must do

- Tell all the doctors, dentists and pharmacists treating you that you are taking Wina Cal-Mag.
- Tell your doctor immediately if you become pregnant while taking this medication.

### -Things you must not do

- Do not take more than the recommended dose unless your pharmacist or doctor tells you.
- Do not take any new medicines without consulting your doctor or pharmacist.
- Do not give Wina Cal-Mag to anyone else, even if they have the same symptoms or condition as you.

### -Things to be careful of

No known influence on the ability to drive or use machines.

## Side effects

Like all medicines, Wina Cal-Mag can cause side effects, although not everybody gets them. If side effects persist, do not take the medicine and refer to the doctor.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug

Reaction Monitoring by calling Tel: 03-78835550, or visiting the website [nprra.moh.gov.my](http://nprra.moh.gov.my) (Public Reporting Medicinal Problems / Side Effects / AEFI / Vaccine Safety).

## Storage and disposal of Wina Cal-Mag

### -Storage

Store between 15- 30°C. Keep medicine out of reach of children.

### -Disposal

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

## Product description

### -What it looks like

Round and green colour tablet.

### -Ingredients

-Active ingredient

Calcium Carbonate and Magnesium Sulphate

-Inactive ingredients

Brilliant blue, Quinoline yellow, Microcrystalline Cellulose, Magnesium stearate, Lactose, Croscarmellose sodium, Kollidon PVP and Dry flo.

### -MAL number

MAL19993098X

## Manufacturer and Product Registration Holder

KCK Pharmaceutical Industries Sdn. Bhd.  
Plot 61, Bayan Lepas Industrial Park  
Phase 4, 11900 Penang,  
Malaysia.

## Date of revision

06/11/2017

## Serial Number

NPRA(R4/1)251017/00284