

Date of Revision: September 9, 2019

This Natural Health Product was approved by Health Canada, and the following information was prepared by the product manufacturer. More information supporting the safety, efficacy or quality of a medicinal ingredient or natural health product can be found in the [Natural Health Products Ingredients Database](#). CPhA assumes no responsibility for, or liability in connection with the use of this monograph.

### Recommended Use or Purpose

Calcium intake, combined with sufficient vitamin D, a healthy diet and regular exercise may reduce the risk of developing osteoporosis.

A source of highly soluble and absorbable form of calcium, magnesium and zinc for maintenance of good health

Helps for the normal development and maintenance of healthy bones and teeth

Helps with vitamin D deficiency

Helps in the absorption and use of calcium and phosphorus.

A factor in the maintenance of good health

### Risk Information

#### Cautions and Warnings

There are no known cautions and warnings. For more information, consult your health-care professional.

#### Contraindications

There are no known contraindications. For more information, consult your health-care professional.

#### Known Adverse Reactions

EffectiCal is well tolerated in terms of constipation and related gastrointestinal problems such as: gas, bloating, and abdominal pain

### Interactions

There are no known interactions. For more information, consult your health-care professional.

### Recommended Dose

Take 1 tablet twice daily with or without food. Allow a few hours before or after taking other medications.

### Directions of Use

Take it with a full glass of water

### Overdosage

For management of a suspected drug overdose, contact your regional Poison Control Centre. See the *CPS* Directory section for a list of Poison Control Centres.

In case of any overdose, contact a physician or poison control center immediately even if there are no symptoms.

### Storage, Stability and Disposal

Store in room temperature of 20-25 ° C. Avoid direct light. Stable for two years at room temperature.

### Dosage Forms, Strength and Composition

Dosage Form/Route of Administration	Ingredient/Strength	Non-Medicinal Ingredients
Tablet/Oral	Calcium (Calcium acetate)- 150 mg	Colloidal Silicon Dioxide – 10.40 mg
	Magnesium (Magnesium acetate)- 75 mg	Crospovidone – 65.00 mg
	Zinc (Zinc acetate)- 7.2 mg	Magnesium stearate – 10.40 mg
	Vitamin D3 (Cholecalciferol)- 12.5 µg/500 IU	Microcrystalline cellulose (Avicel PH 101) – 26.27 mg
		Microcrystalline cellulose (Avicel PH 102) – 51.87 mg
		Opadry II White (85G68918) – 191 mg
		Povidone K-30 – 9.75 mg
		Sodium Starch Glycolate – 52.00 mg
		Purified Talc – 13.00 mg

### Packaging

White bottle with white cap and seal, 60 tablets per bottle

*This product monograph was developed by the pharmaceutical manufacturer in accordance with the requirements of Health Canada. CPhA recommends that the full monograph be used. Partial monographs should not be provided to patients or anyone else and are for use only by clients at their own risk. CPhA assumes no responsibility for or liability in connection with the use of this monograph. Once printed, there is no guarantee the information is up-to-date. [Printed on: 10-08-2019 06:52 PM]*

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