



Composition

Hi-D 200000 IU Oral & IM Injectable Solution: Each 1 ml ampoule contains 200000 IU Colecalciferol (Vitamin D3) BP.

Hi-D 40000 IU Capsule: Each capsule contains 40000 IU Colecalciferol (Vitamin D3) BP.

Hi-D 20000 IU Capsule: Each capsule contains 20000 IU Colecalciferol (Vitamin D3) BP.

Hi-D 2000 IU Tablet: Each tablet contains 2000 IU Colecalciferol (Vitamin D3) BP.

Pharmacology

Vitamin D3 is essential for normal bone growth and development and to maintain bone density. It is also necessary for utilization of both Calcium and Phosphorus. Vitamin D3 acts as a hormone and increases reabsorption of Calcium and Phosphorus by the kidney.

Indications

Prevention and treatment of Vitamin D3 deficiency & Vitamin D3 deficiency related diseases.

Dosage and Administration

Use of Capsule & Tablet

Treatment of Vitamin D Deficiency	Adults	Starting dose: 40000 IU/week for 7 weeks Maintenance dose: 2000 IU/day for the next 3 to 4 months (continue until target level is achieved)
	Children (12-18 Years)	20000 IU once every 2 weeks (for 6 weeks)
Prevention of Vitamin D Deficiency	Adults	20000 IU monthly until vitamin D reaches the normal level
	Children (12-18 Years)	20000 IU once every 6 weeks until vitamin D reaches the normal level
	Pregnancy	According to American Pregnancy association, 4000 IU daily for preventing preterm birth & infection Vitamin D council recommends, 4000 IU daily reduces pregnancy related complications

Use of Oral & IM I Injectable Solution

Curative Treatment	
Disease	Dosages
Rickets	1 ampoule every 2 weeks for 1 month then 1 ampoule for every 4 months
Osteoporosis	1 ampoule every 2 weeks for 3 months
Osteomalacia	1 ampoule every 2 weeks for 3 months
Tetany caused byhypocalcemia	1 ampoule for every 4 months which may be increased to 2 ampoules
Renal Osteodystrophy	1 ampoule daily or advised by the physician
Menopause	1 ampoule for every 6 months
Preventive Measures	
Period	Dosages
Pregnancy	1 ampoule at 6th or 7th month
During Breast Feeding	1 ampoule for every 6 months
Children up to 5 years	1 ampoule for every 6 months
Adolescent & Elderly	1 ampoule for every 6 months

Direction for use of Oral & IM Injectable Solution:

Step 1	Place ampoule breaker at top of the ampoule
Step 2	Press & break the ampoule
Step 3	For oral use: Pour in milk, mix properly & drink or
	For IM use: Take solution from ampoule in a syringe & push intramuscularly

Side Effects

Generally all nutritional supplements are considered to be safe and well tolerable. However, few side-effects can generally occur including hypercalcaemia syndrome or calcium intoxication (depending on the severity and duration of hypercalcaemia), occasional acute symptoms include anorexia, headache, nausea, vomiting, abdominal pain or stomach ache and constipation with the administration of Colecalciferol.

Contraindications

Colecalciferol is contraindicated in all diseases associated with hypercalcaemia. It is also contraindicated in patients with known hypersensitivity to Colecalciferol (or medicines of the same class) and any of the constituent excipients. Colecalciferol is contraindicated if there is evidence of vitamin D3 toxicity.

Use in Special Groups

Use in pregnancy: There is no evidence to suggest that vitamin D3 is teratogenic in humans even at very high doses. Colecalciferol should be used during pregnancy only if the benefits outweigh the potential risk to the fetus.

Use in nursing mothers: It should be assumed that exogenous Colecalciferol passes into the breast milk. In view of the potential for hypercalcaemia in the mother and for adverse reactions from Colecalciferol in nursing infants, mothers may breastfeed while taking Colecalciferol, provided that the serum Calcium levels of the mother and infant are monitored.

Precautions

People with the following conditions should exercise with caution when considering taking vitamin D3 supplements:

- High blood calcium or phosphorus level
- Heart problems
- Kidney disease

Pharmaceutical Precautions

Store at below 30°C in a dry place protected from light. Keep out of reach of children.

Commercial Packs

Hi-D 200000 IU Oral & IM Injectable Solution: Each box contains 1 ampoule of 1 ml solution.

Hi-D 40000 IU Capsule: Each box contains 1x10 capsules in Alu-Alu blister pack.

Hi-D 20000 IU Capsule: Each box contains 1x10 capsules in Alu-Alu blister pack.

Hi-D 2000 IU Tablet: Each box contains 3x10 tablets in Alu-Alu blister pack.

Manufactured by :



POPULAR PHARMACEUTICALS LTD.

164, TONGI INDUSTRIAL AREA, GAZIPUR, BANGLADESH