

# Osam™-D

[Ossein Mineral Complex+Vitamin D]

اوسام-ڈی

## Film-coated Tablets

### DESCRIPTION

OSAM-D (Ossein Mineral Complex + Vitamin D) is a multivitamin, containing Ossein Mineral Complex which is more than 95% absorbable and bio-available Calcium Supplement in combination with Phosphorus, Protein, Collagen and a series of Trace minerals; and Cholecalciferol (Vitamin D<sub>3</sub>), a pre-formed source of vitamin D activity, which stimulates the absorption of Calcium. Ossein mineral complex provides complete bone nutrition - a whole bone supplement providing all essential nutrients necessary for bone formation.

Cholecalciferol (Vitamin D<sub>3</sub>) is necessary for the proper absorption and utilization of calcium and phosphorus in the body and the development of bones and teeth. It is also important for blood clotting and optimal function of the thyroid gland.

### QUALITATIVE AND QUANTITATIVE COMPOSITION

OSAM-D (Ossein Mineral Complex + Vitamin D) is available for oral administration as:

OSAM-D Tablets

Each film-coated tablet contains:

Ossein Mineral Complex 830mg

Corresponding to:

Calcium ... 177.6mg\*

Phosphorus ... 82.2mg\*

Residual mineral salts ... 24.9mg

Collagen ... 224.0mg

Other proteins.....66.4mg

Trace elements F, Mg, Fe, Zn, Cu, Ni.

\*Corresponding to approx. 440mg Hydroxyapatite.

Vitamin D BP... 400IU

### THERAPEUTIC INDICATIONS

OSAM-D (Ossein Mineral Complex + Vitamin D) Tablets are indicated for the treatment of:

- Increased mineral requirements during pregnancy and lactation.
- Osteoporosis
- Osteomalacia
- Osteoarthritis
- Rickets
- Bone pain
- Bone fragility
- Stiffness in the joints
- Fatigue
- Hypocalcemia
- Prophylaxis against dental caries
- As adjuvant in fractures with delayed callus formation.

### DOSAGE AND ADMINISTRATION

1 to 2 tablets daily before meals with water / juice or as recommended by the physician.

### ADVERSE REACTION

Ossein mineral complex + Vitamin D is well tolerated in recommended doses.

### PRECAUTIONS

- Precaution should be taken in patients with known hypersensitivity to Vitamin D or any of its derivatives.
- Precaution should be taken in patients who are having excess intake of Vitamin D that may lead to hypercalcaemia for excess bone loss.

### Drug Interactions

A physician's consultations is necessary if OSAM-D (Ossein Mineral Complex + Vitamin D) is to be used along with these drugs:

*Antacids:* Hypermagnesemia (high blood magnesium levels) may develop when ossein mineral complex + vitamin D is taken with magnesium-containing antacids particularly in patients with chronic renal failure.

*Anti-Seizure drugs:* Decreased vitamin D effects may occur with the use of certain anti-seizure drugs, as they may induce hepatic microsomal enzymes and accelerate the conversion of vitamin D to inactive metabolites.

*Cholestyramine/Colestipol:* As much time as possible should be allowed between the ingestion of these drugs and ossein mineral complex + vitamin D as the intestinal absorption of vitamin D may be impaired with the use of these agents.

*Corticosteroids:* Use of corticosteroids can cause osteoporosis and calcium depletion with long-term administration.

*Digoxin:* Ossein mineral complex + vitamin D should be used with caution in patients taking digoxin, because hypercalcemia (which may result with excess vitamin D use) may precipitate abnormal heart rhythms.

*Orlistat:* It can reduce vitamin D level in patient.

*Rifampin:* It increases vitamin D metabolism and reduces vitamin D blood levels.

*Thiazides:* Concurrent administration of thiazide diuretics and vitamin D to hypoparathyroid patients may cause hypercalcemia, which may be transient or may require discontinuation of ossein mineral complex+vitamin D.

### STORAGE

Store at 25°C. (Excursions permitted between 15°C-30°C).

Protect from light and moisture.

The expiration date refers to the product correctly stored at the required conditions.

### HOW SUPPLIED

OSAM-D (Ossein mineral complex + Vitamin D) Tablets are available in blister pack of 30's.

*Keep out of reach of children.*

*To be sold on prescription of a registered medical practitioner only.*

Please read the contents carefully before use.  
This package insert is continually updated from time to time.

Manufactured by:



**Getz**  
pharma

(PVT) LIMITED  
www.getzpharma.com

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