

# Aristo D<sub>3</sub>

Cholecalciferol BP

## COMPOSITION

**ARISTO D<sub>3</sub> 2000 Tablet:** Each tablet contains Cholecalciferol BP (as Vitamin D<sub>3</sub>) 2000 IU.

**ARISTO D<sub>3</sub> 20000 Capsule:** Each capsule contains Cholecalciferol BP (as Vitamin D<sub>3</sub>) 20000 IU.

**ARISTO D<sub>3</sub> 40000 Capsule:** Each capsule contains Cholecalciferol BP (as Vitamin D<sub>3</sub>) 40000 IU.

**ARISTO D<sub>3</sub> Oral Solution:** Each ml oral solution contains Cholecalciferol BP (as Vitamin D<sub>3</sub>) 400 IU.

**ARISTO D<sub>3</sub> Oral & IM Injectable Solution:** Each ml ampoule contains Cholecalciferol BP (as Vitamin D<sub>3</sub>) 200000 IU.

## PHARMACOLOGY

Vitamin D<sub>3</sub> 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 D<sub>3</sub> acts as a hormone and increases reabsorption of Calcium and Phosphorus by the kidney.

## INDICATION

Prevention and treatment of Vitamin D<sub>3</sub> deficiency & Vitamin D<sub>3</sub> deficiency related diseases.

## DOSAGE AND ADMINISTRATION

### Oral Solution:

Curative treatment:

Group of Patient	Dosages (up to 12 weeks)
Infants (0-2 years)	400-1000 IU/day
Children (2-11 years)	400-2000 IU/day
Adolescents (12-18 years)	400-4000 IU/day
Adults and elderly	800-4000 IU/day
Pregnancy/ Breastfeeding	400-4000 IU/day

Preventive measures:

Group of Patient	Dosages
Infants (0-2 years)	200-1000 IU/day
Children (2-11 years)	400-1000 IU/day
Adolescents (12-18 years)	400-1600 IU/day
Adults and elderly	800-1600 IU/day
Pregnancy/ Breastfeeding	400 IU/day (can increase up to 2000 IU/day)

### Tablet & Capsule:

Curative treatment:

Group of Patient	Dosages
Adult	40000 IU/week for 7 weeks and followed by 2000 IU/day as maintenance therapy if required.
Child	20000 IU in every 2 weeks for 6 weeks

Preventive measures:

Group of Patient	Dosages
Adult	20000 IU/month
Child	20000 IU in every 6 weeks

### Oral & IM 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 by hypocalcemia	1 ampoule for every 4 months which may be increased to 2 ampoules
Menopause	1 ampoule for every 6 months
Vitamin D deficiency	1 ampoule can be repeated 1 to 6 months later

Preventive measures:

Period	Dosages
Pregnancy	1/2 ampoule at 6 <sup>th</sup> or 7 <sup>th</sup> month
During Breast feeding	1/2 ampoule for every 6 months
Children up to 5 years	1 ampoule for every 6 months
Adolescent	1 ampoule for every 6 months
Elderly	1/2 ampoule for every 3 months

\* Injectable solution can be administered through IM or Oral route

\* Prevention should be started early and continued to the 5<sup>th</sup> year of life

## SIDE EFFECT

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 Cholecalciferol.

## CONTRAINDICATION

Cholecalciferol is contraindicated in all diseases associated with hypercalcaemia. It is also contraindicated in patients with known hypersensitivity to Cholecalciferol (or medicines of the same class) and any of the constituent excipients. Cholecalciferol is contraindicated if there is evidence of Vitamin D<sub>3</sub> toxicity.

## PRECAUTIONS

People with the following conditions should exercise with caution when considering taking Vitamin D<sub>3</sub> supplements:

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

Therefore Vitamin D<sub>3</sub> must be taken with adequate amounts of both calcium and magnesium supplementation.

## USE IN SPECIAL GROUPS

*Use in pregnancy:* There is no evidence to suggest that Vitamin D<sub>3</sub> is teratogenic in humans even at very high doses. Cholecalciferol 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 Cholecalciferol passes into the breast milk. In view of the potential for hypercalcaemia in the mother and for adverse reactions from Cholecalciferol in nursing infants, mothers may breastfeed while taking Cholecalciferol, provided that the serum Calcium levels of the mother and infant are monitored.

## STORAGE

- Store below 25°C temperature, keep in dry place & protect from light.
- Keep out of the reach of children.

## PACKING

**ARISTO D<sub>3</sub> 2000 Tablet:** Each box contains 30 tablets in alu-alu blister pack.

**ARISTO D<sub>3</sub> 20000 Capsule:** Each box contains 10 capsules in alu-alu blister pack.

**ARISTO D<sub>3</sub> 40000 Capsule:** Each box contains 7 capsules in alu-alu blister pack.

**ARISTO D<sub>3</sub> Oral Solution:** Each bottle contains 50 ml oral solution.

**ARISTO D<sub>3</sub> Oral & IM Injectable Solution:** Each box contains 1 ampoule.

Manufactured by:



**ARISTOPHARMA LTD.**  
Shampur-Kadamtali I/A, Dhaka-Bangladesh