

## Drug Facts

<b>COMPOSITION :</b> Each uncoated tablet contains Vitamin C + Calcium+ Magnesium	<b>PHARMACOLOGICAL CLASS :</b> Vitamin Supplement
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NAME : ASCORBIC ACID 100 MG + CALCIUM 250 MG + MAGNESIUM 100.06 MG

AVAILABLE AS : Generic Name

**PHARMACOLOGICAL ACTION :** Vitamin C is an antioxidant that helps protect your cells against the effects of free radicals — molecules produced when your body breaks down food or is exposed to tobacco smoke and radiation from the sun, X-rays or other sources. Free radicals might play a role in heart disease, cancer and other diseases.

Calcium plays a vital role in the anatomy, physiology and biochemistry of organisms and of the cell, particularly in signal transduction pathways. It is vital in cell signaling, muscular contractions, bone health, and signalling cascades.

Magnesium plays an important role in the regulation of several bodily processes including blood pressure, insulin metabolism, muscular contraction, vasomotor tone, cardiac excitability, nerve transmission and neuromuscular conduction.

**USED FOR :** Vitamin C improves the formation of connective tissue and is important for the development and function of the teeth, skeleton and capillaries. Calcium is required in a number of complicated processes in the body, such as the formation of proteins, fat metabolism, burning of sugar and cell respiration. physiological processes, enzyme functions and transmission of nerve impulses. Magnesium is involved in a number of processes

**SIDE EFFECTS :** Diarrhea, constipation, nausea, vomiting, stomach pain, loss of appetite, increased thirst or urination; muscle pain or weakness, joint pain; confusion, feeling tired or restless; or, slow heart rate, drowsiness, feeling light-headed.

**WARNINGS :** Vitamin C is likely safe to take by mouth during pregnancy in amounts no greater than 2000 mg daily for those 19 years and older and 1800 mg daily for those 14-18 years old. Taking too much vitamin C during pregnancy can cause problems for the newborn baby. Vitamin C is possibly unsafe when taken by mouth in excessive amounts.

Calcium is likely safe when used in recommended amounts of about 1000-1200 mg daily. Calcium can cause some minor side effects such as belching or gas. But calcium is possibly unsafe when taken in doses above the daily tolerable upper intake level (UL). The UL is 2500 mg for adults ages 19-50 years and 2000 mg for adults over 50 years. Taking more than this daily can increase the chance of having serious side effects.

Before you take magnesium oxide, tell your doctor about all your medical conditions or allergies, and all the medicines you are using. Also make sure your doctor knows if you are pregnant or breast-feeding. In some cases, you may not be able to take magnesium oxide, or you may need a dose adjustment or special precautions.

**OUR ADVICE : DO NOT SELF MEDICATE**