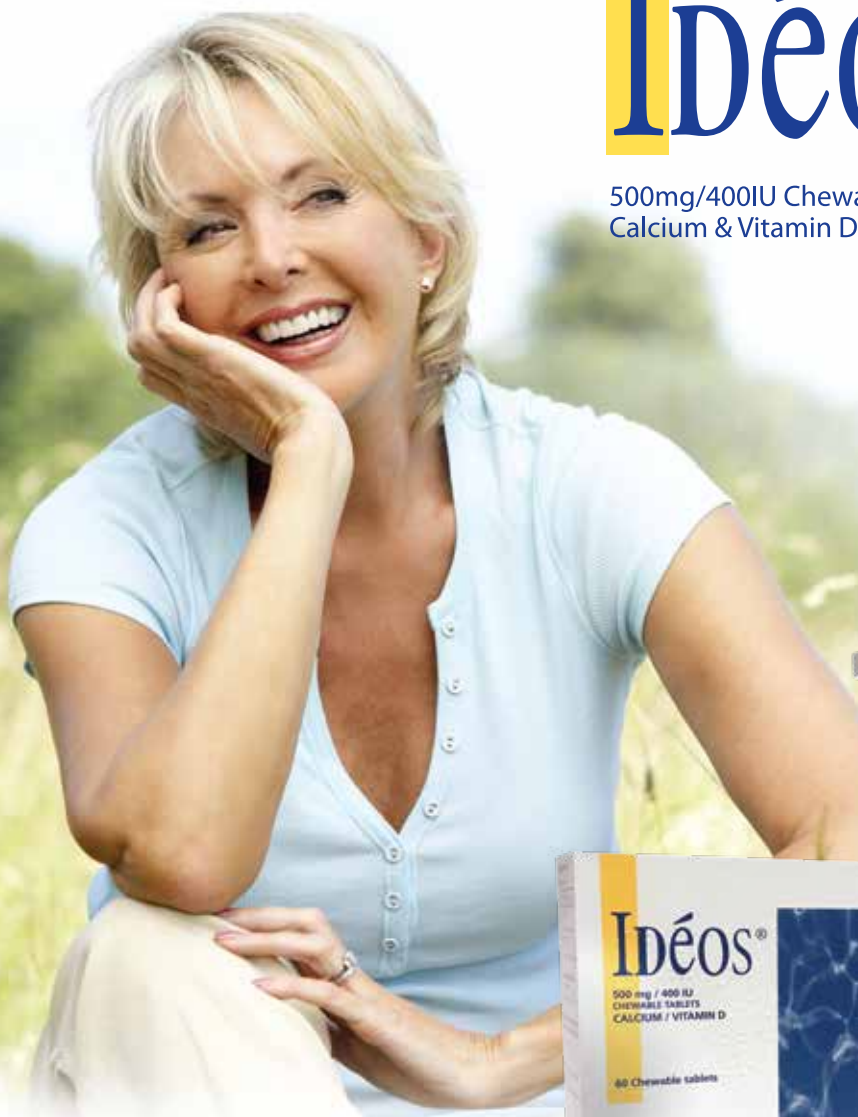


Idéos®

500mg/400IU Chewable Tablets
Calcium & Vitamin D₃ Combined



Great Taste... with a hint of Lemon

What are the daily nutritional recommendations of Calcium and Vitamin D?

Optimal daily dose of a combined supplementation:
1000mg Calcium + 800IU Vitamin D3 ^{1,2,3}



Ideos tablets

contain **BOTH** your
daily recommended
Calcium and
Vitamin D intake

Calcium (1000mg)

What contains your daily recommended Calcium/Vitamin D intake? ⁴

	Measure
Cheddar Cheese	1.5 oz.
Whole Milk	8 fl oz.
Canned Salmon	3 oz.
Vanilla Ice Cream	1/2 Cup
Whole Bread	5 Slices
Tortilla	1

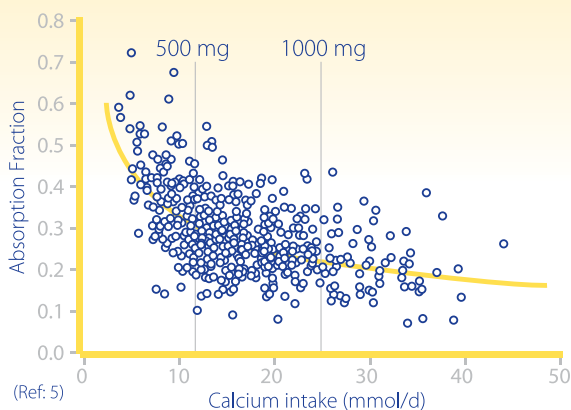
Calcium table = 1000mg

Vitamin D (800IU)

	Measure
Milk	2 Cups
Baked Salmon	3 oz.
Canned Tuna	3 oz.
Sardines	1 oz.
Pork Sausage	2 oz.
Raisin Bran Cereal	3/4 Cup
Egg Yolk	2

Vitamin D table = 801 IU

Maximising your Calcium Intake



■ Supplementation of 1000 mg/day of calcium should be split for better absorption. ⁵

■ The percentage of calcium absorbed depends on the total amount of elemental calcium consumed at one time; as the amount increases, the percentage absorption decreases. ⁶

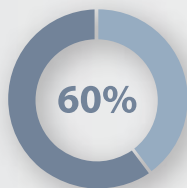
■ Absorption is highest in doses ≤ 500 mg. ⁷ Therefore Ideos is recommended to be taken twice daily (2 x 500mg tablets) at different intervals.

[OSTEOPOROSIS = SILENT KILLER]

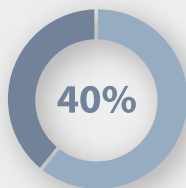
- After reaching the age of 50:
1 woman in 3 will have a vertebral fracture, 1 in 5 will have a hip fracture⁸
- Unfortunately, the first clinical sign is the bone fracture



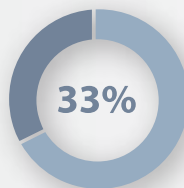
12 MONTHS AFTER A HIP FRACTURE⁹



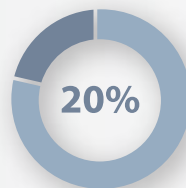
Require Care
and Assistance



Unable to walk
Independently



In a nursing
home



Death

The Benefits of Ideos

- Lemon Flavour
- One Chewable tablet, twice a day
- Pocket Size Pack
- Suitable for diabetics
- Studies indicate a reduction in the risk of osteoporotic fractures for the older generation with sufficient intakes of Calcium and Vitamin D3 together¹⁰

Ideos®
500mg/400IU Chewable Tablets
Calcium & Vitamin D₃ Combined





500mg/400IU Chewable Tablets Calcium & Vitamin D₃ Combined

Product Name: IDEOS 500mg/400IU Chewable Tablets

(Please refer to the full Summary of Product Characteristics before Prescribing)

Presentation: Greyish white, square, chewable tablets with lemon flavour. Each Idéos® tablet contains 1250mg of calcium carbonate (i.e., 500mg of elemental calcium) plus 10 µg of cholecalciferol (corresponding to 400 IU of Vitamin D₃). **Indications:** Vitamin D₃ and calcium deficiency correction in the elderly. Vitamin D₃ and calcium supplement as an adjunct to specific therapy for osteoporosis in patients with well-established or at high risk of vitamin D and calcium combined deficiencies. **Dosage and administration:** For adults only. One tablet to be chewed/sucked twice a day. **Contraindications:** Hypersensitivity to one of the actives or excipient constituents. Hypercalcaemia, as a result of hyperparathyroidism (primary or secondary), hypercalciuria, calcium lithiasis, tissue calcifications (nephrocalcinosis), vitamin D overdose, Myeloma and bone metastases, renal insufficiency (creatinine clearance < 20 ml/min) this product contains partially hydrogenated soyabean oil, sorbitol (E420) and sucrose. Patients should not take this product if they are allergic to peanut or soya, patients with rare hereditary problems of fructose intolerance, glucose-galactose malabsorption or sucrose-isomaltase insufficiency should not take this medicine. Idéos® tablets are also contra-indicated in patients where prolonged immobilisation is accompanied by hypercalcaemia and/or hypercalciuria. In these cases, treatment should only be resumed when the patient becomes mobile. **Precautions and warnings:** Calculate the total vitamin D intake in case of treatment with another drug containing this vitamin. Plasma calcium and urinary calcium determinations is important in patient monitoring therefore plasma calcium and urinary levels should be monitored regularly. If additional calcium is being administered weekly monitoring of plasma calcium and urinary levels is necessary. In patients with renal impairment/failure, dosage has to be adapted accordingly to the creatinine clearance and they should be monitored. If there are signs of renal problems, kidney stones or presence of hypercalcaemia signs then treatment should be adjusted or stopped. In case of long-term treatment, the urinary calcium excretion must be monitored and treatment must be reduced or suspended if urinary calcium excretion exceeds 7.5 to 9 mmol/24 hours (300 to 360mg/24 hours). This product should be prescribed with caution in patients with sarcoidosis due to the risk of metabolism of Vitamin D to its active form. These patients should be monitored for serum and urinary calcium. **Interactions:** with digitalis glycosides: Risk of cardiac arrhythmias. Clinical surveillance is required and possibly electrocardiographic and plasma calcium monitoring recommended. With thiazides diuretics: risk of hypercalcaemia by decreasing urinary calcium excretion. Impairment of the intestinal absorption of oral tetracyclines, edidronate, fluoride or iron. At least 3 hours should intervene between the consumption of Idéos® and these agents. Estramustine and thyroid hormones: calcium may reduce the absorption so it is recommended to take Idéos either 4 hours before or after. Strontium: it is recommended to avoid taking Idéos immediately before or after strontium containing medicines. Orlistat, ion exchange resins or laxatives have the potential to reduce the absorption of Vitamin D. Ferric Salt: Risk of reduced gastrointestinal absorption of salts, advised to take Idéos® either 2 hours at a minimum before or after taking Idéos. Food: containing oxalic acid (e.g. rhubarb, spinach, sorrel, coconut, tea), phosphate (e.g. pork, ham, sausages, processed cheese, dessert cream, beverages containing cola etc.) as these foods may reduce the absorption of calcium. Therefore it is recommended that meals containing these foods sometime after or before Idéos. **Pregnancy and Lactation:** Pregnancy: This product can be used during pregnancy and lactation, however the dose should not exceed 1500mg of calcium and 600 IU of vitamin D as overdose can lead to physical and mental retardation supravulvular aortic stenosis and retinopathy in the child. **Lactation:** During lactation the use of additional vitamin D in the child should be considered as Vitamin D and its metabolites pass into breast milk. **Effects on ability to Drive and Use Machines:** None. **Undesirable effects:** Uncommon (>1/1,000 <1/100) or rare (>1/10,000 <1/1000) Cases of hypersensitivity reactions such as angioedema or laryngeal oedema have been reported. **Uncommon:** hypercalcaemia and hypercalciuria. **Rare:** Constipation, flatulence, nausea abdominal pain, diarrhoea, pruritus, rash and urticaria. **Overdose:** Can lead to hypervitaminosis and hypercalcaemia, extreme cases may lead to coma and even death. Please see SmPC for symptoms and treatment in case of overdose. **Pharmacodynamic and pharmacokinetic properties:** Idéos is a fixed combination of calcium and vitamin D. Vitamin D is involved in the calcium-phosphate metabolism and allows active absorption of calcium and phosphorus from the intestine and their uptake by bone. Calcium is absorbed in the small intestine and is eliminated in sweat and gastrointestinal secretions. Urinary calcium excretion depends on glomerular filtration and rate of tubular resorption of calcium. Vitamin D is absorbed from the intestine and transported to the liver and to the kidney. Non-hydroxylated vitamin D is stored in muscle and adipose tissue. There is a half-life of several days and it is eliminated in faeces and urine. **Package Quantities:** Pack size 60 tablets (4 tubes of 15 tablets) **PA number:** 1033/1/1 MAH: LABORATOIRE INNOTECH INTERNATIONAL 22 Avenue Aristide Briand 94110 Arcueil – France. **Legal category:** P Pharmacy only

For a copy of the SmPC or further medical information, please contact medical@dcvital.com

Adverse events should be reported to Fannin Ltd, Pharmacovigilance at 01 2907179 or medical@dcvital.com.

Reporting of suspected adverse reactions

Reporting suspected adverse reactions after authorisation of the medicinal product is important. It allows continued monitoring of the benefit/risk balance of the medicinal product. Health care professionals are asked to report any suspected adverse reactions via HPRA Pharmacovigilance, Earlsfort Terrace, IRL - Dublin 2; Tel: +353 16764971; Fax: +353 16762517. Website: www.hpra.ie; E-mail: medsafety@hpra.ie

Date of last PI revision: August 2017

IE177/SmPC - April 2014.

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