

Package leaflet: Information for the user

Recikalc-D forte 500 mg/800 IU chewable tablets

Calcium/cholecalciferol (Vitamin D₃)

Read all of this leaflet carefully before you start using this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

What is in this leaflet:

1. What Recikalc-D forte is and what it is used for
2. What you need to know before you take Recikalc-D forte
3. How to take Recikalc-D forte
4. Possible side effects
5. How to store Recikalc-D forte
6. Contents of the pack and other information

1. What Recikalc-D forte is and what it is used for

Recikalc-D forte is used to prevent and treat calcium and vitamin D₃ deficiency in adults and the elderly, and as an additional treatment in the management of osteoporosis, when a risk of deficiency of calcium and vitamin D₃ is suspected.

Recikalc-D forte contains calcium and vitamin D₃ which both are important components for the formation of bone. Vitamin D₃ regulates the uptake and metabolism of calcium as well as the incorporation of calcium in bone tissue.

Ask your doctor, pharmacist or other health personnel if you have further questions and always follow their instructions.

2. What you need to know before you take Recikalc-D forte

Do not take Recikalc-D forte

- if you are allergic to calcium, cholecalciferol (Vitamin D) or any of the other ingredients of this medicine (listed in section 6).
- if you have hypercalcaemia (increased levels of calcium in the blood) or hypercalciuria (increased levels in the urine).
- if you have kidney stones
- if you have calcium depositions in the kidneys
- if you have hypervitaminosis D (increased levels of vitamin D in the blood).
- if you are suffering from kidney failure

Warnings and precautions

Talk to your doctor or pharmacist before taking Recikalc-D forte if you

- suffer from sarcoidosis (a special type of connective tissue disease that affects the lungs, skin and joints).
- are taking other medicines containing vitamin D or calcium.
- have poor kidney function or high tendency of kidney stone formation.

- are immobilized with osteoporosis.

Children and adolescents

Do not give this medicine to children and adolescents as there is no relevant indication of use in this age group.

Other medicines and Recikalc-D forte

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines.

The effect of the treatment can be affected if this medicine is taken simultaneously with certain other medicines against:

- high blood pressure (thiazide diuretic)
- heart problems (cardiac glycosides such as digoxin)
- high cholesterol (cholestyramine)
- constipation (laxatives such as liquid paraffin)
- epilepsy (phenytoin or barbiturates)
- inflammatory conditions/suppression of immunity (corticosteroids)

Please make sure your doctor knows if you are taking any of the medicines listed above. Your dosage may need to be adjusted.

How to take simultaneously used medicines

If you simultaneously use certain medicines for;

- osteoporosis (bisphosphonates) you should take this at least one hour before you take Recikalc-D forte.
- infection (quinolones) you should take these two hours before or six hours after taking Recikalc-D forte.
- infection (tetracyclines) you should take these two hours before or four to six hours after taking Recikalc-D forte.
- dental caries (sodium fluoride) you should take these medicines at least three hours before taking Recikalc-D forte.
- cancer treatment (estramustine), Recikalc-D forte and estramustine should be taken at least two hours apart.
- hypothyroidism (levothyroxine) you should separate the intake with Recikalc-D forte by at least four hours.

If you simultaneously use a certain medicine that contains iron, zinc or strontium ranelate (for treatment of severe osteoporosis) you should separate the intake with Recikalc-D forte by at least two hours.

Treatment with orlistat (medicine against obesity) may possibly impair the absorption of fat-soluble vitamins (e.g. vitamin D₃).

Recikalc-D forte with food and drink

The calcium absorption may be inhibited by food containing oxalic acid (found in spinach and rhubarb) and phytic acid (found in whole cereals). You should wait at least two hours before you take Recikalc-D forte if you have eaten food with high content of oxalic acid or phytic acid.

Pregnancy and breast-feeding

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

If you do not have a confirmed calcium and vitamin D deficiency during pregnancy, your daily intake should not exceed 1500 mg calcium and 600 IU vitamin D₃. Recikalc-D forte should therefore not be used without confirmed deficiency.

If you have a confirmed calcium and vitamin D deficiency during pregnancy, your daily intake must not exceed 2000 mg calcium and 4000 IU vitamin D₃ as overdoses may harm the unborn child.

Calcium and vitamin D₃ pass over into breast milk. This should be considered when giving additional vitamin D to the child. To avoid an overdose for your infant, your doctor will discuss with you whether you should breast-feed, discontinue breast-feeding or adjust your therapy considering the benefit to you of your therapy and the benefit to your baby of breast-feeding.

Driving and using machines

Recikalc-D forte has no known effects on ability to drive or use machines.

Recikalc-D forte contains glucose and sucrose

One Recikalc-D forte chewable tablet contains 200 mg glucose and 1.8 mg sucrose. If you have been told by your doctor that you have intolerance to some sugars, contact your doctor before taking this medicinal product.

Recikalc-D forte contains glucose and sucrose that can be harmful to your teeth and it is therefore important to maintain good oral hygiene.

Sodium content

This medicine contains less than 1 mmol sodium (23 mg) per tablet, that is to say essentially 'sodium-free'.

3. How to take Recikalc-D forte

Always take this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

The recommended dose is 1 tablet daily.

The chewable tablet should be chewed or slowly melted in the mouth, never swallowed whole.

The amount of calcium in Recikalc-D forte is lower than the usually recommended daily intake. Recikalc-D forte is therefore meant for patients with need for additional vitamin D, but with a dietary intake of 500-1000 mg of calcium per day. The dietary intake of calcium should be estimated by the prescriber.

Recikalc-D forte should only be used in pregnant women in case of a confirmed calcium and vitamin D deficiency. See Pregnancy and breast-feeding.

If you take more Recikalc-D forte than you should

If you may have taken more Recikalc-D forte than you should, talk to your doctor or pharmacist immediately.

Symptoms of overdose may include loss of appetite, thirst, nausea, vomiting, constipation, abdominal pain, muscle weakness, fatigue, mental disturbances, excessive thirst, increased urge to urinate, bone pain, calcium deposits in the kidneys, kidney stones, and in severe cases irregular heart rhythm.

If you forget to take Recikalc-D forte

Do not take a double dose to make up for a forgotten tablet.

4. Possible side effects

Like all medicines, Recikalc-D forte can cause side effects, although not everybody gets them.

You should stop taking Recikalc-D forte and see your doctor immediately if you experience symptoms of serious allergic reactions, such as

- swollen face, lips, tongue or throat
- difficult to swallow
- hives and difficulty breathing

Uncommon (may affect up to 1 in 100 people): hypercalcaemia (increased levels of serum calcium) and/or hypercalciuria (increased levels of urine calcium).

Rare (may affect up to 1 in 1 000 people): constipation, flatulence, nausea, abdominal pain, diarrhoea, pruritus, rash and urticaria.

Very rare (may affect up to 1 in 10 000 people): Milk-alkali syndrome, usually only seen when excessive amounts of calcium have been ingested (symptoms are frequent urge to urinate, headache, loss of appetite, nausea or vomiting, unusual tiredness or weakness, along with elevated levels of calcium in the blood and kidney impairment).

Not known (frequency cannot be estimated from the available data): Serious allergic reactions.

Special populations

Patients with reduced kidney function are at potential risk of developing abnormally high phosphate levels in the blood (this will generally have no symptoms), kidney stones and calcium depositions in the kidneys (symptoms may include blood in the urine, back pain or abdominal pain).

Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via [the national reporting system listed in Appendix V](#). By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store Recikalc-D forte

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the label. The expiry date refers to the last day of that month.

Store below 25°C. Store in the original package in order to protect from light. Keep the container tightly closed in order to protect from moisture. The shelf life after first opening the container is 6 months.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. Contents of the pack and other information

What Recikalc-D forte contains

- The active substances are calcium carbonate corresponding to calcium 500 mg and cholecalciferol 20 microgram corresponding to 800 IU Vitamin D₃.
- The other ingredients are liquid spray dried glucose, magnesium stearate, sodium citrate, xylitol, all-*rac*-alpha-tocopherol, acacia, sodium laurilsulfate, sucrose, Medium chain triglycerides, starch

sodium octenyl succinate (E 1450), silicon dioxide, sodium ascorbate. See also section 2 'Recikalc-D forte contains glucose and sucrose' and 'Sodium content'.

What Recikalc-D forte looks like and contents of the pack

Recikalc-D forte is a chewable tablet, white to off white, round and engraved R 152 on one side.

Pack size of 20, 30, 40, 50, 60, 90, 100 and 180 chewable tablets in plastic bottles.

Not all pack sizes may be marketed.

Marketing Authorisation Holder

[To be completed nationally]

Manufacturer

Rottapharm Ltd
Damastown Industrial Park
Mulhuddart
Dublin 15
Ireland

This medicine is authorised in the Member States of the European Economic Area and in the United Kingdom (Northern Ireland) under the following names:

Austria: Calciduran Vit. D₃
Czech Republic: Calcium/Vitamin D₃ Viatris
Finland, Ireland: Kalcipos-D forte
United Kingdom (Northern Ireland): Kalcipos-D
Norway: Kalcipos-Vitamin D
Slovakia: Kombi-Kalz
Sweden: Recikalc-D forte

This leaflet was last revised in February 2026