

ERGORAL D2 TABLETS CONSUMER ADVICE LEAFLET**What is Ergoral D2 Tablets?**

Ergoral D2 Tablets are Vitamin D2 (Ergocalciferol).

Ergoral D2 Tablets are Lactose Free, Gluten Free, Gelatin Free, Preservative Free, Salt & Yeast Free, Colour Free, Sugar Free, Halal Tablets; Suitable for Vegetarians and not tested on Animals.

What are the active ingredients in Ergoral D2 Tablets 5,000IU?

Ergocalciferol (Vitamin D2), Dibasic Calcium Phosphate (Dihydrate), Magnesium Stearate and are coated with Ethylcellulose (using Industrial Methylated Spirits).

What are the active ingredients in Ergoral D2 Tablets 10,000IU?

Ergocalciferol (Vitamin D2), Dibasic Calcium Phosphate (Dihydrate), Magnesium Stearate, Sodium Starch Glycolate and are coated with Ethylcellulose (using Industrial Methylated Spirits).

Description of the Product

Ergoral D2™ Tablets are white in colour.

Presentation

Ergoral D2™ Tablets 5,000IU & 10,000IU is supplied in bottles of 30 Tablets in a securitainer with a tamper proof seal.

How to Store Ergoral D2 Tablets products?

Ergoral D2 Tablets Products should not be stored above 25°C. Store in the original packaging.

KEEP THE PRODUCT OUT OF THE REACH AND SIGHT OF CHILDREN

Allergic Information

If there is a known hypersensitivity to Ergocalciferol or any of the other ingredients, **Ergoral D2™** should not be used. We do not use materials containing, nor deliberately add Peanuts or Peanut derived material into our products. This statement is currently applicable for all products of Cubic Pharmaceuticals Ltd. We cannot, however, guarantee that our products do not contain trace amounts of material.

What Ergoral D2 Products are for?

Ergoral D2 products are Food Supplement to help maintain healthy levels of Vitamin D. Everyone can get all the Vitamin D required for the body by healthy balanced diet. There are few sources of Vitamin D and anyone can get it from Fish like Salmons and Sardines, Eggs, Fortified Spreads & breakfast cereals and powdered Milk.

However, there are some groups of the population who are at risk of not getting enough vitamin D. These groups are:

- all pregnant and breastfeeding women.
- babies and young children younger than five.
- older people aged 65 years and over.
- people who are not exposed to much sun, such as people who cover up their skin when outdoors or those who are housebound or confined indoors for long periods.
- people who have darker skin such as people of African, African-Caribbean and South Asian origin.

What happens if I take too much vitamin D?

- If you take vitamin D supplements, do not take more than 25 micrograms (0.025mg) a day, as it could be harmful. However, taking less than this is unlikely to cause any harm.
- Your body doesn't make too much vitamin D from sun exposure, but always remember to cover up or protect your skin if you are out in the sun for long periods.
- Taking too many vitamin D supplements over a long period of time can cause more calcium to be absorbed than can be excreted.
- The excess calcium can be deposited in and damage the kidneys. Excessive intake of vitamin D can also encourage calcium to be removed from bones, which can soften and weaken them.

How to Take ERGORAL D2 Tablets?

ERGORAL D2 5,000IU TABLET: Take one to two Tablets daily or as directed by a Health Practitioner.

ERGORAL D2 10,000IU TABLET: Take one Tablet weekly or as directed by a Health Practitioner.

Take the Tablet/s with food for maximum absorption.

Swallow the Tablet/s with a glass of water.

If you forget to take ERGORAL D2, take it as soon as you remember.

If you take more ERGORAL D2 than you should consult your GP, Pharmacist or Hospital.

Contraindications and Precautions

In Consumers with Hepatic & Renal impairment.

Pregnancy and Breastfeeding

No Current data is available for use in Pregnancy and Breastfeeding.

NOTE FOR HIGH STRENGTH FORMULATION

"Recommended daily allowances (RDAs) for vitamin D are mostly in the range of 600 - 1000iu daily. Tablets or capsules of vitamin D containing larger amounts are only intended for weekly administration, and are high dosage preparations.

It is strongly recommended that you consult a healthcare professional such as your doctor or pharmacist before taking any high doses (greater than 1000 IU daily) of any vitamin D preparation.

When high doses of Vitamin D are taken for long periods, there is the potential for adverse effects such as excess calcium in the blood and urine (hypercalcaemia and hypercalciuria) which may lead to deposition of calcium in soft tissue, the formation of calcium stones in the kidneys and other sites, and the potential for irreversible kidney and heart damage. This is especially the case in people who have the rare disease of sarcoidosis, who should always consult their doctor before taking vitamin D."

Legal Category

Ergoral D2™ Tablets are a **Food Supplement**.

Disclaimer

This publication is solely for the technical guidance of prescribers and dispensers of **Ergoral D2™**. Lactose Free, Gluten Free, Gelatin Free, Preservative Free, Salt & Yeast Free, Colour Free, Sugar Free, Halal Tablets and must not be considered as a recommendation or endorsement for the clinical use of the product. The information provided in this publication may not be comprehensive.

Transmissible Spongiform Encephalopathies (Safety) Regulations 2003

Ergoral D2™ Tablets comply with the Unlicensed Medicinal Products for Human Use (Transmissible Spongiform Encephalopathies) (Safety) Regulations 2003 [S.I. No.1608].

ERGORAL D2 Tablets are available in the following strengths:

ERGORAL D2 5,000IU TABLETS

ERGORAL D2 10,000IU TABLETS

Other Cubic Pharmaceuticals' Vitamin D products are:

CUBICOLE D3 CAPSULES (400iu, 600iu, 2,200iu, 10,000iu, 20,000iu).

CUBICOLE D3 TABLETS (400iu).

ERGORAL D2 CAPSULE (50,000iu).

Excipients: Microcrystalline Cellulose, Magnesium Stearate and Sodium Starch Glycolate.

Suitability

Ergoral D2 Tablets are suitable for vegetarians.

Ergoral D2 Tablets are Halal (suitable for Muslim consumption, HMC approved).

Ergoral D2 Tablets do not contain Gelatin.

For Further Information

Email at: info@cubicpharmacy.co.uk

or visit www.ergoral2.com

All ERGORAL D2 products are manufactured under GMP licence in United Kingdom