PATIENT INFORMATION LEAFLET

OVATECH CALCIUM + D3 & K2 SUPPLEMENT

Capsules

- **Category D:** Health Supplement
- **Discipline:** 34.1 Amino Acids and Minerals

This medicine has not been evaluated by SAHPRA for its quality, safety, or intended use. This medicine is not intended to diagnose, treat, cure, or prevent any disease.

1. WHAT OVATECH CALCIUM + D3 & K2 SUPPLEMENT CONTAINS

Each daily dose (2 capsules) contains:

Active Ingredients	**Per Capsule**	**Per Daily Dose (2 Caps)**
Eggshell Calcium Powder	450 mg	900 mg
Of which Elemental Calcium	*154 mg*	*308 mg*
Vitamin D3 (as Cholecalciferol)	500 IU	1000 IU
Vitamin K2 (as Menaquinone-7)	30 µg	60 µg

Other Ingredients: Microcrystalline cellulose, magnesium stearate, and colloidal silicon dioxide in a clear vegetable capsule shell (hydroxypropyl methylcellulose / HPMC).

Sugar-free. Suitable for vegetarians.

Free from gluten, dairy, yeast, sugar, and artificial colorants.

2. WHAT OVATECH CALCIUM + D3 & K2 SUPPLEMENT IS USED FOR

OVATECH CALCIUM + D3 & K2 Supplement is a premium health supplement formulated to support and maintain bone density, teeth, and general joint health.

- **Eggshell Calcium** provides a highly bioavailable organic matrix source of calcium.
- **Vitamin D3** helps the body actively absorb calcium from the digestive tract into the bloodstream.
- **Vitamin K2 (MK-7)** activates proteins that guide calcium directly into the bones and teeth, preventing calcium accumulation in the blood vessels.

3. BEFORE YOU TAKE OVATECH CALCIUM + D3 & K2 SUPPLEMENT

Do not take OVATECH CALCIUM + D3 & K2 Supplement if:

- You are hypersensitive (allergic) to **eggs** or any of the other ingredients listed in Section 1.
- You suffer from hypercalcemia (abnormally high levels of calcium in the blood).

Take special care / Consult your healthcare practitioner before taking this supplement if:

- You are pregnant or breastfeeding.
- You are taking blood-thinning medication such as **Warfarin**. Vitamin K2 can reduce the effectiveness of blood thinners.
- You suffer from kidney stones or impaired kidney function.

Pregnancy and Breastfeeding: If you are pregnant or breastfeeding, please consult your doctor, pharmacist, or other healthcare professional for advice before taking this medicine.

4. HOW TO TAKE OVATECH CALCIUM + D3 & K2 SUPPLEMENT

- **Persons (13 years and older):** Take two (2) capsules daily with a meal, or as prescribed by a healthcare practitioner.
- **Children (6–12 years)**: Take 1 capsule daily, or as recommended by a relevant healthcare provider.
- Always take the capsules with water. Taking the supplement with food increases the absorption rate of the calcium.
- Do not overstep the maximum recommended daily dosage of 2 capsules.

5. POSSIBLE SIDE EFFECTS

OVATECH CALCIUM + D3 & K2 Supplement is generally well-tolerated. However, minor side effects can occur, including:

- Mild constipation, gas, or bloating (associated with calcium carbonate).
- Nausea or stomach upset.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

6. STORAGE AND DISPOSAL OF OVATECH CALCIUM + D3 & K2 SUPPLEMENT

- Store at or below 25°C in a dry place.

- Keep the container tightly closed and protect from direct sunlight and moisture.
- **KEEP OUT OF REACH OF CHILDREN.**
- Do not use after the expiry date printed on the bottle.
- Return all unused or expired medicine to your pharmacist for safe disposal.

7. PRESENTATION AND IDENTIFICATION

- **Presentation:** Packaged in amber high-density polyethylene (HDPE) bottles containing 60 capsules.
- **Identification:** Clear, transparent hard-shell vegetable capsules containing a uniform off-white to cream-coloured powder.

8. HOLDER OF CERTIFICATE OF REGISTRATION

Ovatech Nutrition (Pty) Ltd

Cape Town, South Africa

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This leaflet was updated in June 2026.