

**BONACAL® D3**  
calcium 500 mg + vitamin D3 400 iu or 800 iu

BECAUSE THE BEAUTY  
OF YOUR BACK DOESN'T FADE  
..... IT CRUMBLES.

That's the reality of calcium  
and vitamin D deficiencies.

For ease of patient adherence to meet  
RDAs for calcium and vitamin D

- film-coated
- scored
- choice of 3 strengths:

- **BONACAL® TABLET 500 MG**
- **BONACAL® D3 TABLET 500 MG + 400 IU**
- **BONACAL® D3 TABLET 500 MG + 800 IU**

**BONACAL® D3**

For the strength to stand up to old age.

Available at **guardian** and other major pharmacies.



# BONACAL® D3

## For ease of patient adherence

Comparison of calcium preparations.

Calcium salt per tablet	Elemental calcium per tablet (% of calcium salt)	No. of tablets to meet 100% of Singapore RDA for elemental calcium (1000mg)
<b>Bonacal® D3</b> Calcium carbonate 1250 mg	500 mg (40%)	○○
Dibasic calcium phosphate 500 mg	115 mg (29.5%)	○○ ○○ ○○ ○○ ○
Calcium citrate 1000 mg	241 mg (24.1%)	○○ ○○
Calcium lactate 300 mg	55 mg (18.4%)	○○ ○○ ○○ ○○ ○○ ○○ ○○ ○○ ○○
Calcium gluconate 1000 mg	93 mg (9.3%)	○○ ○○ ○○ ○○ ○○ ○

Recommended dietary allowances (RDA) for calcium and vitamin D. (MOH Clinical Practice Guidelines, Osteoporosis, 3/2008)

Category	Elemental Calcium	Vitamin D
Adolescents 10-18 years old	1000 mg	400 IU
All adults 19-50 years old	800 mg	400 IU
All adults 51-70 years old	1000 mg	400 IU
All adults above 70 years old	1000 mg	800 IU
Breastfeeding/pregnancy	1000 mg	400 IU

Film-coated, scored & choice of 3 strengths to meet all RDAs for calcium and vitamin D.

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- **BONACAL® D3 TABLET 500 MG + 800 IU**

PHARMACON (PTE) LTD Tel: 6741 8500 (4 Lines)

