

## Ostelin Specialist Range Vitamin D 7000IU (WEEKLY)

Active ingredient(s): Colecalciferol

---

### Consumer Medicine Information

This leaflet provides important information about using Ostelin Specialist Range Vitamin D 7000IU. **You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using Ostelin Specialist Range Vitamin D 7000IU.**

*Where to find information in this leaflet:*

1. Why am I using Ostelin Specialist Range Vitamin D 7000IU?
2. What should I know before I use Ostelin Specialist Range Vitamin D 7000IU?
3. What if I am taking other medicines?
4. How do I use Ostelin Specialist Range Vitamin D 7000IU?
5. What should I know while using Ostelin Specialist Range Vitamin D 7000IU?
6. Are there any side effects?
7. Product details

---

#### 1. Why am I using Ostelin Specialist Range Vitamin D 7000IU?

---

**Ostelin Specialist Range Vitamin D 7000IU contains the active ingredient Colecalciferol (a naturally occurring form of vitamin D).** Ostelin Specialist Range Vitamin D 7000IU is a supplement.

**Ostelin Specialist Range Vitamin D 7000IU is used for the treatment of vitamin D deficiency in adults and adolescents as directed by your medical practitioner or pharmacist, and the prevention of vitamin D deficiency in high risk individuals under the supervision of a medical practitioner.**

Vitamin D is required for optimal calcium and phosphorous absorption in the body, which are vital for the development and maintenance of strong bones and the maintenance of muscle function. The body can only absorb calcium properly if it has enough vitamin D.

Vitamin D is primarily produced in the skin, as a result of direct exposure to sunlight. Very few foods contain vitamin D.

Ostelin Specialist Range Vitamin D 7000IU has been given as you have too little vitamin D.

This deficiency may lead to your body not being able to effectively absorb calcium which may lead to poor bone health. It may also lead to muscle weakness which may contribute to falls in the elderly.

Ask your doctor if you have any questions about why this medicine has been prescribed for you.