

Magnum Compounding, LLC 9960 NW 116<sup>th</sup> Way, Suite 4 Phone: 7866222301 Toll Free: 8554036028



## COMPOUNDED Cholecalciferol (Vit D3) Injection Injection Concentration: 50,000IU/ml Usage: Intramuscular (IM) Use Only

**Dosage:** Seek advice from an appropriately qualified and licensed physician/ healthcare provider. Typical up to 1mL (50,000 IU)

#### Overview

Vitamin D is crucial to the building and maintenance of healthy bones and teeth. Vitamin D3 is the perfect supplement as it is the natural form of vitamin D that your body makes from sunlight.Vitamin D is crucial to the building and maintenance of healthy bones and teeth. Calcium, the primary component of bone, is only properly absorbed by your body when vitamin D is present. Vitamin D is created within the body when direct sunlight converts a chemical in your skin into an active form of the vitamin. There are not many foods that contain vitamin D, but you can find it in fortified milk, fortified cereals, and fatty fish like salmon, mackerel, and sardines. Unfortunately, most people do not get the necessary amount of vitamin D. Therefore, supplementation is needed. Vitamin D can come in several forms. The two major forms are vitamin D2 (ergocalciferol) and vitamin D3 (cholecalciferol). The recommended form of vitamin D for supplementation is cholecalciferol. Vitamin D3 is the perfect supplement as it is the natural form of vitamin D that your body makes from sunlight. Cholecalciferol is metabolized to its active form, calcitriol, which increases the body's absorption of calcium and phosphorus. Calcitriol may play a role in the immune system and may inhibit cancer growth and stimulate cell differentiation. Receiving vitamin D3 shots can treat and prevent the symptoms of vitamin D deficiency, including fatigue and bone pain. Vitamin D deficiency has been associated with an increased risk of death from cardiovascular disease, cognitive impairment in the elderly, severe childhood asthma and cancer.

#### **Reported Uses**

Vitamin D3 shots are indicated for those with vitamin D deficiency, osteomalacia, osteoporosis, diabetes, and rickets.Vitamin D3 is paramount for a healthy immune system, as well as bone and nerve health. Vitamin D injections allow for more efficient absorption of calcium, which helps keeps bones healthy.

#### **Precautions/Side Effects:**

Vitamin D3 may interact with many different medications. Always speak with your doctor when taking any new medication or supplementation. Always bring a list of medications or any other products you are taking with you for your healthcare provider to look over. If you experience any signs of overdose, seek medical attention immediately. Certain conditions are contraindicated in the use of vitamin D3. These include sarcoidosis, high phosphate blood levels, high calcium blood levels, excessive vitamin D levels, arteriosclerosis with occlusion of the arteries, kidney stones, kidney disease with reduced kidney function, and allergies to vitamin D. When taken in appropriate doses, vitamin D injections are generally considered safe with no side effects. However, it can be harmful when taken in excess amounts. Some of the side effects experienced when taking too much include: Nausea, Vomiting, Poor appetite, Constipation, Weakness, Weight loss, Confusion, Disorientation, Heart rhythm problems, Kidney damage.



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Adverse Reactions: abdominal pain, anxiety, chest pain, diarrhea, dizziness, headache, heart rate irregularities, HTN, hypotension, impaired memory, insomnia, nausea.

**Storage**: Controlled refrigeration. Protect from light. Store under refrigeration 2° to 8°C (36° to 46°F).

### Shipping:

This medication was shipped in a cooler or insulated bag with ice packs to preserve the integrity of the medication during transportation. If you suspect that your medication could have been tampered, or is damaged, or is outside the expected temperature, DO NOT USE IT and call the pharmacy to obtain advise.

### **References:**

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2.Institute of Medicine (IOM), Food and Nutrition Board. Dietary Reference Intakes for Calcium and Vitamin D. Washington, DC: The National Academies Press, 2011.

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<u>4.</u>Drisdol (ergocalciferol) package insert. New York, NY: Sanofi-Synthelabo, Inc.; 2009 Nov.

<u>5.</u>Kidney Disease Improving Global Outcomes. KDIGO Clinical Practice Guideline for the Diagnosis, Evaluation, Prevention, and Treatment of Chronic Kidney Disease-Mineral and Bone Disorder (CKD\_MBD). 2009. http://www.kdigo.org/pdf/KDIGO% 20CKD-MBD%20GL%20KI%20Suppl%20113.pdf.

<u>6.</u>Standing Committee on the Scientific Evaluation of Dietary Reference Intakes - Panel on Dietary Reference Intakes, Food and Nutrition Board, Institute of Medicine (IOM). Dietary Reference Intakes for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride. The National Academy of Sciences Press, Washington DC; 1997

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8. Rocaltrol<sup>®</sup> (calcitriol) package insert. Nutley, NJ: Roche Laboratories, Inc.; 2004 Jul.

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