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சுவசிரிபாய

SUWASIRIPAYA

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எனது இல)
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Date) 01/07/2024

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சுகாதார அமைச்சு
Ministry of Health

All Provincial Directors of Health Services
All Regional Directors of Health Services
Director/NIHS


Calcium supplementation for maternal care programme

Ministry of Health decided to move to **calcium carbonate** as the preparation of calcium supplementation for the Maternal Care Programme, based on the technical consultations made by the Family Health Bureau on calcium supplementation of pregnant and postpartum mothers.

The recommended dose is **500-600 mg of elemental calcium (one tablet of calcium carbonate 1250 mg/1500 mg) daily** from the second trimester of pregnancy till six months postpartum.

Therefore, please instruct the relevant officials in your area to take necessary action to receive the necessary stock of calcium carbonate tablets from Medical Supplies Division and to distribute it to pregnant and postpartum mothers by substituting it to calcium lactate tablets.

Thank you.


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Dr. Asela Gunawardena
Director General of Health Services

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