



Republic of the Philippines  
Department of Education  
REGION IV-A CALABARZON  
CITY SCHOOLS DIVISION OF BIÑAN CITY

DEPARTMENT OF EDUCATION  
Schools Division of Biñan City  
RECORDS SECTION  
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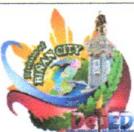
DIVISION MEMORANDUM  
No. 117, s. 2021

### **CALCIUM CARBONATE AND IRON SUPPLEMENT DISTRIBUTION**

To : Assistant Schools Division Superintendent  
Chief, School Governance and Operations Division  
Chief, Curriculum Implementation Division  
All School Heads

1. This Office thru the School Health and Nutrition Section will distribute Calcium Carbonate and Iron and Folic Supplements for Teaching and Non-Teaching Personnel.
2. This aims to support and strengthen Oplan Kalusugan sa DepED flagship program to ensure wellness of SDO personnel through the provision of basic medical care for better productivity.
3. Attached is the **Contraindications/Indications/Side Effects of Calcium Carbonate and ferrous Sulfate Intake.**
4. School Health Coordinator may proceed to the SDO School Health Section Office to claim their allocated supply.
5. For Further inquiry, please contact Dr. Leila C. Bondoc MD Medical Officer III (049) 511 4191
6. Immediate dissemination of this Memorandum is desired.

  
**EDNA FAURA AGUSTIN**  
Schools Division Superintendent



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**Calcium Carbonate Indications:**

- a. Osteoporosis
- b. Osteomalacia
- c. Hypocalcemic Rickets
- d. Hypoparathyroidism
- e. Hypocalcemia from Chronic Kidney Disease

**Calcium Carbonate Contraindication:**

- a. Known allergies

**Calcium Carbonate Side Effects:**

- a. Constipation
- b. Abdominal bloating

**Ferrous Sulfate Indications:**

- a. Iron Deficiency Anemia
- b. For wound infection to faster absorb Vitamin C to increase rate of healing

**Ferrous Sulfate Contraindications:**

- a. Known allergies
- b. Liver pathology
- c. Recent viral/ bacterial infections

**Ferrous Sulfate Side effects:**

- a. Nausea
- b. Vomiting
- c. Constipation
- d. Black stained teeth
- e. Grayish stool
- f. Metallic taste



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