



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

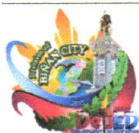
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CALCIUM CARBONATE AND IRON SUPPLEMENT DISTRIBUTION

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

