

## Calostyle C3 Tablet

**Calcium Citrate (750mg) + Calcium Aspartate Anhydrous (500mg) + Calcium Orotate (100mg) + Vitamin D3 (500 IU) Tablet**

This comprehensive calcium supplement combines multiple forms of calcium with Vitamin D3 to optimize bone health, improve calcium absorption, and address deficiencies. It is ideal for individuals needing additional calcium and vitamin D for the prevention or management of bone-related disorders.

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### Composition (per tablet):

- **Calcium Citrate 750mg:** A highly bioavailable calcium source that supports bone strength and density.
- **Calcium Aspartate Anhydrous 500mg:** A chelated calcium form with superior absorption properties.
- **Calcium Orotate 100mg:** A bioavailable calcium salt of orotic acid, which helps in bone mineralization and cellular repair.
- **Vitamin D3 (Cholecalciferol) 500 IU:** Enhances calcium absorption from the gut and maintains calcium-phosphorus balance for bone health.

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### Uses:

1. **Bone Health:**
  - Supports bone mineral density and reduces the risk of fractures.
2. **Osteoporosis and Osteopenia:**

- Prevents and manages bone loss, especially in postmenopausal women or elderly individuals.

3. **Calcium and Vitamin D Deficiency:**

- Addresses conditions such as hypocalcemia and vitamin D insufficiency.

4. **Pregnancy and Lactation:**

- Provides essential nutrients for maternal and fetal bone development.

5. **Chronic Diseases:**

- Helps manage conditions like arthritis, muscle cramps, and hypoparathyroidism.

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### Mechanism of Action:

- **Calcium Citrate, Aspartate, and Orotate:** Provide multiple bioavailable forms of calcium for efficient absorption and utilization in maintaining bone health.
- **Vitamin D3:** Facilitates active calcium and phosphorus absorption from the intestines and supports bone mineralization.

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### Dosage & Administration:

- **Adults:** 1 tablet daily after meals, or as directed by a healthcare provider.
  - **Children (if recommended):** Dose to be determined by a pediatrician.
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## Side Effects:

- **Common:**
  - **Mild gastrointestinal discomfort (bloating, constipation, or nausea).**
- **Rare (serious):**
  - **Hypercalcemia (symptoms: fatigue, excessive thirst, confusion).**
  - **Kidney stones with prolonged or excessive use.**

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## Precautions:

1. **Renal Conditions:** Avoid in patients with a history of kidney stones or renal impairment without medical supervision.
2. **Hypercalcemia:** Contraindicated in patients with high blood calcium levels or hyperparathyroidism.
3. **Drug Interactions:** Avoid taking with iron supplements, bisphosphonates, or tetracyclines within 2 hours to prevent reduced absorption.
4. **Pregnancy and Lactation:** Use under medical guidance to avoid excessive calcium or vitamin D intake.

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## Drug Interactions:

- **Antacids or Other Calcium Products:** May increase calcium levels, requiring monitoring.
- **Corticosteroids:** Can reduce calcium absorption.
- **Diuretics (e.g., thiazides):** May increase the risk of hypercalcemia.
- **Thyroid Medications:** Calcium may interfere with the absorption of thyroid hormones if taken together.

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## Storage:

- **Store in a cool, dry place below 25°C.**
- **Protect from direct sunlight and moisture.**
- **Keep out of reach of children.**

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**Note:** This supplement should be taken as directed by a healthcare provider, particularly in individuals with chronic conditions or those on other medications. **Regular monitoring of calcium and vitamin D levels is recommended for long-term use.**

Manufactured in India for:



Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

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