

Calostyle CQ Tablet

Cissus Quadrangularis (500mg) + Calcium Citrate Malate (500mg) + Calcitriol + Vitamin K2-7 (0.25mcg) + Methylcobalamin + Folic Acid + Zinc (300mcg) Tablet

This comprehensive formulation is designed to support bone health, joint mobility, and overall wellness. The combination of Cissus Quadrangularis, Calcium Citrate Malate, Calcitriol, Vitamin K2-7, Methylcobalamin, Folic Acid, and Zinc offers a synergistic approach to enhance bone strength, promote calcium absorption, and provide essential nutrients for optimal health.

Composition per Tablet:

- **Cissus Quadrangularis: 500 mg**
- **Calcium Citrate Malate: 500 mg**
- **Calcitriol (Active Vitamin D3): 0.25 mcg**
- **Vitamin K2-7: 0.25 mcg**
- **Methylcobalamin (Vitamin B12): 150 mcg**
- **Folic Acid: 400 mcg**
- **Zinc (as Zinc Oxide): 300 mcg**

Indications:

This tablet is recommended for:

1. **Bone and Joint Health:** Helps in strengthening bones, improving bone density, and enhancing joint mobility.
2. **Prevention and Treatment of Osteoporosis:** Supports the prevention of bone fractures and osteoporosis-related complications.

3. **Calcium Absorption:** Improves calcium absorption for optimal bone mineralization.
4. **Vitamin D3 Deficiency:** Provides active Vitamin D (Calcitriol) for better calcium metabolism.
5. **Supports Healthy Nerve Function:** Methylcobalamin helps maintain the health of nerve cells and supports neurological function.
6. **Immune System Support:** Zinc and Vitamin B12 contribute to enhanced immunity and overall well-being.

Dosage & Administration:

- **Adults:** Take 1 tablet daily or as directed by your healthcare provider.
- The tablet should be taken with a meal for better absorption.

Benefits of Key Ingredients:

- **Cissus Quadrangularis:** Known for its ability to support bone healing, reduce inflammation, and promote joint health.
- **Calcium Citrate Malate:** A highly absorbable form of calcium that supports bone strength and density.
- **Vitamin K2-7:** Works synergistically with Vitamin D3 to regulate calcium metabolism, ensuring calcium is deposited in bones rather than arteries.
- **Methylcobalamin (Vitamin B12):** Supports nerve health and red blood cell production.

Side Effects:

- **Common Side Effects:**
 - Mild gastrointestinal discomfort such as bloating, gas, or nausea.
 - Skin rash (rare).
- **Rare but Serious Side Effects:**
 - Symptoms of an allergic reaction such as itching, swelling, or difficulty breathing.

- Nausea, vomiting, loss of appetite
- Increased thirst, frequent urination
- Weakness, fatigue, or confusion

If an overdose is suspected, seek immediate medical attention.

Precautions:

1. **Hypercalcemia or Hypervitaminosis D:** Use with caution in individuals with high calcium levels or Vitamin D toxicity.
2. **Kidney Disorders:** Caution in patients with kidney issues or a history of kidney stones due to calcium and Vitamin D content.
3. **Pregnancy and Breastfeeding:** Consult your healthcare provider before use.

Storage:

- Store in a cool, dry place at room temperature (15–25°C).
- Keep out of reach of children.

Drug Interactions:

- **Calcium Supplements:** May interact with certain medications, such as bisphosphonates or thyroid hormone replacement, reducing their effectiveness.
- **Anticoagulants (e.g., Warfarin):** Vitamin K2 may interact with blood-thinning medications, potentially altering their effectiveness.
- **Diuretics:** Thiazide diuretics may increase calcium levels, so dose adjustment may be necessary.
- **Antacids and Proton Pump Inhibitors (PPIs):** These medications may interfere with calcium absorption.

Key Counseling Points:

1. Do not exceed the recommended dose.
2. Take with food to enhance absorption, especially for calcium and fat-soluble vitamins like Vitamin D3 and K2.
3. If you miss a dose, take it as soon as you remember, but do not double the dose.
4. Long-term use may require periodic monitoring of calcium and Vitamin D levels.

Overdose Symptoms:

- Symptoms of overdose may include:

This Cissus Quadrangularis + Calcium Citrate Malate + Calcitriol + Vitamin K2-7 + Methylcobalamin + Folic Acid + Zinc Tablet offers a complete solution for bone health, joint mobility, and overall well-being. It combines key nutrients that support calcium absorption, bone strength, and overall health in a single tablet.

Manufactured in India for:

CafoliTM
L I F E C A R E

Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

Plot no.: 367-FF, Industrial Area Phase-I,
Panchkula-134113

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