

Calcium Carbonate (625mg) + Magnesium Hydroxide (180mg) + Zinc Sulphate Monohydrate (14mg) + Vitamin D3 (200IU)

Calostyle D3 syrup

Calcium Carbonate (625 mg) + Magnesium Hydroxide (180 mg) + Zinc Sulphate Monohydrate (14 mg) + Vitamin D3 (200 IU) Syrup

Composition

Each 5 mL of syrup contains:

- **Calcium Carbonate: 625 mg**
 - **Magnesium Hydroxide: 180 mg**
 - **Zinc Sulphate Monohydrate: 14 mg**
 - **Vitamin D3 (Cholecalciferol): 200 IU**
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Description

Calcium Carbonate 625 mg + Magnesium Hydroxide 180 mg + Zinc Sulphate Monohydrate 14 mg + Vitamin D3 200 IU Syrup is a comprehensive liquid supplement designed to support bone health, enhance calcium absorption, and improve overall nutritional balance. This combination of essential nutrients plays a vital role in maintaining strong bones, supporting muscle function, and promoting optimal immune system health. The addition of Vitamin D3 helps increase the bioavailability of calcium, while magnesium and zinc contribute to bone formation and overall well-being.

Indications

This syrup is indicated for:

- **Calcium Deficiency:** To support bone health and help prevent conditions like osteoporosis and rickets.
 - **Magnesium Deficiency:** To aid in muscle function, nerve function, and maintain normal bone structure.
 - **Zinc Deficiency:** To support immune function, promote wound healing, and maintain healthy skin.
 - **Vitamin D Deficiency:** To help improve calcium absorption and support overall bone and immune health.
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Dosage and Administration

- **Recommended Dose:**
 - **Adults and children over 12 years:** 10 mL (equivalent to 1250 mg of calcium carbonate, 360 mg of magnesium hydroxide, 28 mg of zinc sulphate, and 200 IU of Vitamin D3) once or twice a day, or as directed by a healthcare provider.
 - **Children (6-12 years):** 5-10 mL daily or as prescribed by a healthcare provider.
 - **Administration:** Shake the bottle well before use.
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Mechanism of Action

- **Calcium Carbonate:** Calcium is essential for maintaining bone density and strength. It is actively involved in bone mineralization and helps prevent bone disorders such as osteoporosis and fractures.

- **Magnesium Hydroxide:** Magnesium is crucial for muscle and nerve function, as well as maintaining proper bone structure.
 - **Zinc Sulphate Monohydrate:** Zinc plays a key role in immune function, wound healing, and cellular growth.
 - **Vitamin D3:** Vitamin D3 enhances calcium absorption in the intestines, promotes bone mineralization, and contributes to maintaining healthy bones.
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Warnings and Precautions

- **Kidney Disease:** Use with caution in individuals with kidney disease, as excessive calcium, magnesium, or Vitamin D may affect kidney function.
 - **Hypercalcemia:** Monitor calcium levels if taking this syrup in combination with other calcium or Vitamin D supplements to avoid excessive calcium buildup.
 - **Pregnancy and Breastfeeding:** Consult a healthcare provider before use during pregnancy or breastfeeding to ensure appropriate dosage
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Possible Side Effects

Common side effects may include:

- Mild gastrointestinal symptoms such as nausea, constipation, or bloating
- Stomach upset or discomfort

Rare but serious side effects may include:

- **Hypercalcemia (high calcium levels),** leading to nausea, vomiting, weakness, and confusion
- **Kidney problems, particularly in individuals with pre-existing kidney conditions**
- **Allergic reactions such as rash, swelling, or difficulty breathing**

If any severe side effects occur, discontinue use and seek medical advice immediately.

Drug Interactions

- **Antacids:** If taking other antacids containing calcium or magnesium, be aware that it could increase the risk of hypercalcemia or hypermagnesemia.
 - **Diuretics:** Thiazide diuretics can increase calcium levels in the blood, so caution is needed.
 - **Corticosteroids:** Prolonged use of corticosteroids can interfere with calcium absorption and bone health.
 - **Iron Supplements:** Iron can interfere with the absorption of calcium, so it is best to take them at different times of the day.
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Storage

Store in a cool, dry place away from direct sunlight. Ensure the cap is tightly closed after use. Keep out of reach of children.

Note: Always follow the dosing instructions provided by your healthcare provider. Regular monitoring of calcium, magnesium, and Vitamin D levels is recommended during supplementation, particularly in individuals with underlying health conditions.

Manufactured in India for:

CafoliTM
L I F E C A R E

Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

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