

Calostyle Fem

Calcitriol (0.25 mcg) + Calcium Carbonate (500 mg) + Magnesium Oxide (50 mg) + Soya Isoflavones (50 mg) + Vitamin K2-7 (45 mcg) Softgel

Introduction

This combination softgel is a **bone health supplement** designed to support **calcium metabolism, bone density, and overall skeletal strength**. It is commonly used in the **prevention and management of osteoporosis, calcium deficiency, and postmenopausal bone loss**.

Each ingredient plays a vital role in **bone mineralization, calcium absorption, and hormonal balance**, making it beneficial for individuals at risk of **osteoporosis, fractures, and age-related bone degeneration**.

Pharmacological Properties

1. Calcitriol (0.25 mcg) – Active Form of Vitamin D3

- Enhances **intestinal absorption of calcium and phosphorus**, promoting bone mineralization.
- Helps regulate **parathyroid hormone (PTH)** levels, preventing excessive calcium loss.
- Prevents **rickets, osteomalacia, and hypocalcemia-related disorders**.

2. Calcium Carbonate (500 mg) – Essential Mineral for Bone Strength

- Provides elemental calcium, necessary for **bone formation, muscle function, and nerve signaling**.
- Helps maintain **bone density**, reducing the risk of fractures and osteoporosis.
- Supports **teeth health** and prevents calcium deficiency-related conditions.

3. Magnesium Oxide (50 mg) – Cofactor for Bone Metabolism

- Enhances **calcium absorption** and prevents calcium deposition in soft tissues.
- Supports **bone flexibility and mineralization**, reducing the risk of brittle bones.
- Plays a key role in **muscle relaxation, nerve transmission, and heart function**.

4. Soya Isoflavones (50 mg) – Plant-Based Estrogen Support

- Acts as a **phytoestrogen**, beneficial for **postmenopausal women** to prevent bone loss.
- Helps in **hormonal balance**, reducing the risk of osteoporosis due to estrogen deficiency.
- Supports **cardiovascular health** and may help in **reducing menopause-related symptoms**.

5. Vitamin K2-7 (45 mcg) – Bone & Vascular Health Regulator

- Directs **calcium to bones** and prevents calcium deposition in arteries.
 - Activates **osteocalcin**, a protein essential for bone formation.
 - Supports **vascular health** by reducing arterial calcification, lowering heart disease risk.
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Indications & Uses

Primary Indications:

- **Osteoporosis Prevention & Management:** Strengthens bones, reducing fracture risk.
- **Calcium & Vitamin D Deficiency:** Supports overall calcium balance.
- **Postmenopausal Bone Loss:** Prevents estrogen-related bone deterioration.
- **Hypoparathyroidism & Hypocalcemia:** Helps regulate calcium homeostasis.
- **Osteopenia (Low Bone Density):** Prevents progression to osteoporosis.

Secondary Indications:

- **Supports Cardiovascular Health:** Prevents arterial calcification (via Vitamin K2-7).
- **Improves Muscle Function:** Reduces muscle cramps and weakness due to calcium/magnesium imbalance.
- **Aids in Dental Health:** Strengthens teeth and prevents calcium-related dental issues.

Dosage & Administration

Recommended Dosage:

- **Adults: One softgel daily** or as prescribed by a healthcare professional.
- **Postmenopausal Women & Osteoporosis Patients:** May require higher doses under medical supervision.

Administration:

- Take **with or after meals** to enhance absorption.
- **Avoid taking with high-fiber foods, caffeine, or excessive iron supplements**, as they may reduce calcium absorption.
- Swallow the softgel whole with water; **do not crush or chew**.

Missed Dose:

- If missed, take the dose as soon as remembered. If close to the next dose, **skip the missed dose**—do not double the dose.

Drug Interactions

Potential Interactions:

- **Bisphosphonates (Alendronate, Risedronate):** Calcium can reduce their absorption—take them at different times.
- **Tetracycline & Quinolone Antibiotics (Doxycycline, Ciprofloxacin):** Calcium binds to these drugs, reducing effectiveness—separate by at least **2 hours**.

- **Thiazide Diuretics (Hydrochlorothiazide):** May increase calcium levels, leading to **hypercalcemia risk**.
- **Warfarin & Anticoagulants:** Vitamin K2-7 may interfere with blood thinning—monitor INR levels.
- **Proton Pump Inhibitors (Omeprazole, Pantoprazole):** May decrease calcium absorption—monitor calcium levels.

Avoid Combining With:

- **High-dose Vitamin D supplements** (risk of hypercalcemia).
- **Excessive magnesium supplements** (may cause diarrhea and low blood pressure).
- **Excessive dairy intake** (may lead to calcium overload and kidney stones).

Precautions & Warnings

Contraindications:

- **Hypercalcemia (High Calcium Levels):** Can worsen the condition.
- **Hypervitaminosis D:** Overuse of Vitamin D can lead to toxicity.
- **Kidney Stones (Nephrolithiasis):** Excess calcium may contribute to stone formation.
- **Severe Kidney Disease:** May lead to improper calcium metabolism.

Use in Pregnancy & Lactation:

- **Pregnancy:** Generally **safe**, but dosage should be monitored to avoid excessive calcium intake.
- **Lactation:** Can be taken by breastfeeding mothers, as calcium and vitamin D are essential for infant development.

Pediatric Use:

- Safe for children under medical supervision in cases of **calcium or vitamin D deficiency**.
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Side Effects

This combination is **well tolerated** when taken as recommended. However, some individuals may experience:

Common Side Effects:

- **Gastrointestinal Issues:** Bloating, constipation, nausea.
- **Mild Headaches or Fatigue:** Due to magnesium or calcium effects.
- **Metallic Taste:** Occasionally reported with calcium supplements.

Rare but Serious Side Effects:

- **Hypercalcemia Symptoms:** Weakness, confusion, excessive thirst, or kidney stones.
- **Allergic Reactions:** Skin rash, swelling, or breathing difficulty (seek medical attention).
- **Kidney Dysfunction:** Prolonged use in individuals with kidney issues may cause complications.

If severe side effects occur, discontinue use and consult a doctor.

Monitoring & Follow-Up

- **Calcium & Vitamin D Levels:** Periodic testing may be required in long-term users.
 - **Bone Density (DEXA Scan):** For osteoporosis patients, bone mineral density should be monitored.
 - **Kidney Function Tests:** If there is a history of kidney stones or renal dysfunction.
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Storage & Handling

- Store at **room temperature (below 25°C)**, away from **moisture and direct sunlight**.
 - Keep **out of reach of children** to prevent accidental ingestion.
 - Do not use expired or damaged softgels.
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Conclusion

The combination of **Calcitriol, Calcium Carbonate, Magnesium Oxide, Soya Isoflavones, and Vitamin K2-7** in this softgel provides a **comprehensive approach to bone health, calcium metabolism, and hormonal support**.

It is particularly beneficial for **osteoporosis prevention, postmenopausal women, elderly individuals, and those at risk of calcium deficiency**. Proper adherence to dosage, **monitoring for side effects, and avoiding drug interactions** will ensure **safe and effective use** of this supplement.

Manufactured in India for:


Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

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