

## Calostyle Plus Softgel

**Calcitriol 0.25 mcg + Calcium Citrate Maleate 500 mg + Magnesium Oxide 50 mg + Zinc 7.5 mg Softgel Capsule**

- Supports **enzymatic reactions** necessary for metabolic functions.

### Introduction

This softgel capsule is a **nutritional supplement** used to support bone health, calcium metabolism, and overall well-being. It is specifically designed for individuals suffering from **osteoporosis, calcium and vitamin D deficiencies, and other bone-related disorders**. The combination of **Calcitriol, Calcium Citrate Maleate, Magnesium Oxide, and Zinc** helps in maintaining **bone strength, nerve function, and muscle health**.

### Composition and Benefits of Each Ingredient

- 1. Calcitriol (0.25 mcg)**
  - The **active form of vitamin D3**, responsible for calcium absorption.
  - Helps in maintaining proper calcium and phosphate balance.
  - Regulates **parathyroid hormone (PTH)** to prevent excessive bone loss.
- 2. Calcium Citrate Maleate (500 mg)**
  - A **highly bioavailable form of calcium** that is easily absorbed by the body.
  - Enhances **bone density** and **prevents fractures**.
  - Reduces the risk of osteoporosis and calcium deficiency disorders.
- 3. Magnesium Oxide (50 mg)**
  - Supports **bone mineralization and muscle function**.
  - Helps in **nerve transmission and muscle relaxation**.
  - Prevents calcium deposits in soft tissues and **reduces the risk of kidney stones**.
- 4. Zinc (7.5 mg)**
  - Essential for **bone growth and repair**.
  - Strengthens the immune system and aids in wound healing.

### Uses and Indications

This supplement is beneficial for:

- **Osteoporosis prevention and management**
- **Vitamin D and calcium deficiency**
- **Hypocalcemia (low calcium levels)**
- **Postmenopausal bone loss**
- **Bone disorders associated with chronic kidney disease (CKD)**
- **Hypoparathyroidism (low parathyroid hormone levels)**
- **Pregnancy and lactation** (for maternal and fetal bone health)
- **Muscle cramps and nerve function disorders**

### Dosage and Administration

- As prescribed by a **healthcare professional**.
- Usually taken **once or twice daily**, preferably **with meals** for better absorption.
- Swallow the **softgel capsule whole** with water.

### Missed Dose:

- If you miss a dose, take it **as soon as you remember**.
- Skip the missed dose if it is almost time for the next scheduled dose.
- Do not take a **double dose** to make up for a missed one.

### Precautions and Warnings

- **Hypercalcemia Risk:** Excessive intake can lead to high calcium levels, causing nausea, vomiting, kidney problems, and confusion.

- **Kidney Disorders:** Use cautiously in patients with kidney disease or a history of kidney stones.
- **Heart Conditions:** Excess calcium may affect heart rhythm in sensitive individuals.
- **Drug Interactions:**
  - Avoid taking with **antacids containing magnesium or aluminum**, as they may interfere with absorption.
  - **Diuretics, corticosteroids, and anticonvulsants** may reduce the effectiveness of calcium and vitamin D.

use under medical supervision helps achieve optimal bone strength and overall health.

Manufactured in India for:



Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

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

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## Possible Side Effects

Most individuals tolerate this supplement well, but some may experience:

- **Mild gastrointestinal discomfort** (nausea, constipation, or diarrhea)
- **Increased thirst and urination**
- **Fatigue or muscle weakness**
- **Headache or dizziness**

**Severe Reactions:** If symptoms like **severe kidney pain, irregular heartbeat, or allergic reactions** occur, seek immediate medical attention.

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## Storage Instructions

- Store in a **cool, dry place** away from direct sunlight.
- Keep out of reach of **children**.
- Do not use if the **blister pack is damaged or expired**.

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## Conclusion

This **Calcitriol, Calcium Citrate Maleate, Magnesium Oxide, and Zinc Softgel Capsule** is an effective supplement for **bone health, calcium metabolism, and muscle function**. It is essential for individuals at risk of **osteoporosis, hypocalcemia, and vitamin D deficiency**. Regular