

Calcium Carbonate (1250mg) + Vitamin D3 (2000IU) + Methylcobalamin (1500mcg) + L-Methyl Folate Calcium (1mg) + Pyridoxal-5-phosphate (0.5mg)

## Calostyle XT Tablet

**Calcium Carbonate (1250 mg) + Vitamin D3 (2000 IU) + Methylcobalamin (1500 mcg) + L-Methyl Folate Calcium (1 mg) + Pyridoxal-5-phosphate (0.5 mg) Tablet**

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### Composition

Each tablet contains:

- **Calcium Carbonate: 1250 mg**
  - **Vitamin D3 (Cholecalciferol): 2000 IU**
  - **L-Methyl Folate Calcium: 1 mg**
  - **Pyridoxal-5-phosphate (Vitamin B6): 0.5 mg**
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### Description

**Calcium Carbonate + Vitamin D3 + Methylcobalamin + L-Methyl Folate Calcium + Pyridoxal-5-phosphate Tablet** is a synergistic blend of essential nutrients designed to support bone health, energy production, and overall well-being. This formulation combines calcium, active forms of vitamins B6, B12, D3, and folate to enhance absorption and bioavailability, ensuring optimal health benefits.

- **Calcium Carbonate:** A highly bioavailable form of calcium that supports the development and maintenance of strong bones and teeth. Calcium also plays a vital role in muscle function, nerve signaling, and cardiovascular health.
- **Vitamin D3:** This fat-soluble vitamin enhances the absorption of calcium from the digestive tract, promotes bone mineralization, and helps regulate

calcium levels in the blood. It also plays a role in immune function and mood regulation.

- **Methylcobalamin:** The active form of Vitamin B12, which supports healthy nerve function, red blood cell formation, and energy production. It is essential for the proper function of the nervous system.

This tablet is designed to provide comprehensive nutritional support for bone health, energy levels, and overall cellular function, making it ideal for individuals who need extra support for bone density, nerve health, or cardiovascular function.

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### Indications

This tablet is recommended for:

- **Bone Health:** To support calcium absorption and bone mineralization, reducing the risk of bone fractures and osteoporosis.
  - **Vitamin D Deficiency:** To correct low levels of Vitamin D, which can impair calcium absorption and bone health.
  - **Nerve Health:** Methylcobalamin and pyridoxal-5-phosphate help support the nervous system and prevent symptoms of nerve degeneration or neuropathy.
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### Dosage and Administration

- **Recommended Dose:** 1 tablet per day or as directed by a healthcare provider.
- **Administration:** Swallow 1 tablet with a full glass of water, preferably with a

meal to improve absorption, especially of fat-soluble vitamins like Vitamin D3.

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## Mechanism of Action

- **Calcium Carbonate:** Calcium is a key mineral for the formation and maintenance of healthy bones and teeth. It also plays a role in muscle contraction, nerve transmission, and blood clotting.
  - **Vitamin D3:** Vitamin D3 enhances the absorption of calcium and phosphorus in the intestines, promoting bone health, strengthening the immune system, and supporting cellular growth and repair.
  - **Pyridoxal-5-phosphate:** Pyridoxal-5-phosphate is the active form of Vitamin B6, which helps in the synthesis of neurotransmitters such as serotonin and dopamine, supports the metabolism of proteins, and contributes to healthy skin and immune function.
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## Warnings and Precautions

- **Kidney Disease:** Individuals with kidney disease should use this product cautiously, as high calcium or Vitamin D levels can affect kidney function.
  - **Pregnancy and Lactation:** Consult with a healthcare provider before use during pregnancy or breastfeeding to ensure the appropriate dosage.
  - **Medications:** This product may interact with medications such as diuretics, antacids, corticosteroids, or certain blood pressure medications. If you are taking other medications, especially for thyroid conditions or bone diseases, consult a healthcare provider.
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## Possible Side Effects

- **Gastrointestinal Discomfort:** Some individuals may experience constipation, bloating, or upset stomach, particularly from calcium carbonate.
  - **Headache:** Rarely, some people may experience headaches due to the high intake of Vitamin D or B vitamins.
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## Drug Interactions

- **Magnesium:** Calcium can interact with magnesium and other minerals. Avoid excessive supplementation without consulting a healthcare provider.
  - **Thiazide Diuretics:** These may increase calcium levels in the blood, requiring dose adjustments of calcium supplements.
  - **Vitamin D:** Vitamin D can increase calcium absorption, so caution is needed when combining it with other high-dose calcium or Vitamin D supplements.
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## Storage

Store in a cool, dry place, away from direct sunlight. Keep tightly closed and out of the reach of children.

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**Note:** Always follow the dosage instructions provided by your healthcare provider. Regular monitoring of calcium, Vitamin D, and B vitamin levels is recommended for individuals on long-term supplementation.

Manufactured in India for:

**Cafoli**<sup>TM</sup>  
L I F E C A R E

Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

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