

Calcium Carbonate (500mg) + Vitamin D3 (2000IU) + Methylcobalamin (1500mcg) + L-Methyl Folate Calcium (1mg) + Pyridoxal-5-phosphate (20mg)

Calostyle XT Tablet

Calcium Carbonate (500 mg) + Vitamin D3 (2000 IU) + Methylcobalamin (1500 mcg) + L-Methyl Folate Calcium (1 mg) + Pyridoxal-5-Phosphate (20 mg) Tablet

Composition

Each tablet contains:

- **Calcium Carbonate: 500 mg**
 - **Vitamin D3 (Cholecalciferol): 2000 IU**
 - **Methylcobalamin (Vitamin B12): 1500 mcg**
 - **L-Methyl Folate Calcium: 1 mg**
 - **Pyridoxal-5-phosphate (Vitamin B6): 20 mg**
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Description

Calcium Carbonate + Vitamin D3 + Methylcobalamin + L-Methyl Folate Calcium + Pyridoxal-5-phosphate Tablet is a powerful combination of essential vitamins and minerals aimed at supporting optimal bone health, immune function, energy production, and overall well-being. This tablet delivers the right balance of key nutrients that play vital roles in maintaining healthy bones, nervous system function, and energy levels.

- **Calcium Carbonate:** A highly bioavailable form of calcium that supports the maintenance of strong bones and teeth, while also aiding in muscle function, nerve transmission, and blood clotting.
- **Vitamin D3:** A fat-soluble vitamin essential for calcium absorption, bone mineralization, and maintaining healthy

immune function. It also helps regulate calcium and phosphorus levels in the blood.

- **Methylcobalamin:** The active form of Vitamin B12 that directly supports nerve function, red blood cell production, and energy metabolism, playing a crucial role in maintaining healthy neurological function.
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Indications

This tablet is recommended for:

- **Bone Health:** To help improve calcium absorption, support bone strength, and reduce the risk of fractures and osteoporosis.
 - **Vitamin D Deficiency:** To correct Vitamin D deficiency, which can impair calcium absorption and bone health.
 - **Immune Function:** Vitamin D3 helps strengthen the immune system and regulate immune responses.
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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 of fat-soluble vitamins like Vitamin D3.
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Mechanism of Action

- **Calcium Carbonate:** Calcium supports bone structure and strength by enhancing bone mineralization. It also plays a key role in maintaining healthy teeth, muscles, and nerve function.
 - **Vitamin D3:** Vitamin D3 increases calcium and phosphorus absorption from the intestines, promoting bone health, reducing the risk of fractures, and supporting immune system function.
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Warnings and Precautions

- **Kidney Disease:** Use with caution in individuals with kidney disease or impaired renal function, as high levels of calcium, Vitamin D3, and other minerals may further compromise kidney health.
 - **Pregnancy and Lactation:** Consult a healthcare provider before using this supplement during pregnancy or breastfeeding to ensure the correct dosage and avoid potential risks.
 - **Medications:** This product may interact with medications such as diuretics, antihypertensives, and blood pressure medications. Always inform your healthcare provider of any other medications you are taking.
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Possible Side Effects

- **Gastrointestinal Discomfort:** Some individuals may experience constipation, bloating, or upset stomach due to calcium carbonate or Vitamin D3.
- **Headache or Dizziness:** Rarely, individuals may experience mild dizziness or headaches from high Vitamin D intake or other B vitamins.
- **Allergic Reactions:** Although rare, some people may experience allergic reactions such as rash, itching, or swelling. Discontinue use if any adverse reactions occur.

Drug Interactions

- **Calcium:** Calcium can interfere with the absorption of certain antibiotics (e.g., tetracyclines or quinolones). It is recommended to take calcium supplements at least two hours before or after taking these antibiotics.
 - **Magnesium:** Excess calcium can interact with magnesium and other minerals, which could potentially reduce the absorption of some medications.
 - **Blood Pressure Medications:** Certain blood pressure medications may interact with calcium and Vitamin D supplements. Consult your healthcare provider before combining these.
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Storage

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

Note: Always follow the recommended dosage instructions provided by your healthcare provider. Periodic monitoring of calcium, Vitamin D3, and B-vitamin levels is recommended for individuals on long-term supplementation.

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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