

## Calostyle Quick Tablet

**Calcium Citrate (1000mg) + Vitamin D3 (100 IU) + Zinc Sulfate (7.5mg) + Magnesium Sulfate (20mg) Tablet**

This combination tablet provides essential nutrients to support bone health, enhance calcium absorption, and improve overall mineral balance. It is beneficial in managing calcium and vitamin D deficiencies, promoting strong bones and teeth, and supporting muscle and nerve function.

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### Composition (per tablet):

- **Calcium Citrate 1000mg:** A bioavailable form of calcium for strong bones and teeth.
- **Vitamin D3 (Cholecalciferol) 100 IU:** Enhances calcium absorption and supports bone mineralization.
- **Zinc Sulfate 7.5mg:** A trace mineral that aids in bone tissue repair and immune system support.
- **Magnesium Sulfate 20mg:** Helps maintain bone structure, supports nerve and muscle function, and regulates calcium and vitamin D metabolism.

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### Uses:

1. **Bone Health:**
  - Prevents and treats osteoporosis, osteopenia, and bone fractures.
2. **Calcium and Vitamin D Deficiency:**

- Addresses conditions caused by inadequate dietary intake, such as hypocalcemia.
3. **Pregnancy and Lactation:**
    - Provides essential nutrients for maternal and fetal bone development.
  4. **Chronic Conditions:**
    - Aids in managing chronic illnesses like arthritis, hypoparathyroidism, and muscle cramps.
  5. **Postmenopausal Support:**
    - Reduces bone loss in postmenopausal women.

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### Dosage & Administration:

- **Adults:** 1 tablet daily after meals or as prescribed by a healthcare provider.
- **Children (if recommended):** Dose to be determined by a pediatrician.

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### Mechanism of Action:

- **Calcium Citrate:** Provides elemental calcium essential for bone formation and maintenance.
- **Vitamin D3:** Enhances calcium and phosphorus absorption from the intestines, ensuring effective utilization.
- **Zinc:** Plays a role in bone matrix development and repair.
- **Magnesium:** Regulates calcium transport and vitamin D metabolism, contributing to overall bone health.

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## Side Effects:

- **Common:**
    - Mild gastrointestinal discomfort (e.g., bloating, constipation, or nausea).
  - **Rare (serious):**
    - Hypercalcemia (symptoms: fatigue, excessive thirst, confusion).
    - Allergic reactions (rash, itching, or difficulty breathing).
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## Precautions:

1. **Kidney Conditions:** Use cautiously in patients with kidney stones or renal impairment.
  2. **Hypercalcemia:** Contraindicated in patients with high blood calcium levels or hyperparathyroidism.
  3. **Drug Interactions:** Avoid taking with bisphosphonates, tetracyclines, or iron supplements within 2 hours to prevent absorption interference.
  4. **Pregnancy and Lactation:** Use under medical supervision to avoid excessive intake of calcium or vitamin D.
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## Drug Interactions:

- **Antacids:** Concurrent use may increase the risk of hypercalcemia.
- **Corticosteroids:** May reduce calcium absorption.
- **Diuretics:** Thiazide diuretics can increase calcium levels, requiring monitoring.

- **Thyroid Medications:** Calcium may interfere with the absorption of thyroid hormones if taken together.
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## Storage:

- Store at room temperature (below 25°C) in a cool, dry place.
  - Protect from light and moisture.
  - Keep out of reach of children.
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**Note:** This supplement should be taken under medical guidance, especially for individuals with chronic health conditions or those taking other medications. Regular monitoring of calcium and vitamin D levels is recommended during long-term use.

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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