

# Multibolt CDZ Tablet

**Product Information: Vitamin C 500mg + Vitamin D 400 IU + Zinc 7.5mg Chewable Tablet**

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## Composition:

Each chewable tablet contains:

- **Vitamin C (Ascorbic Acid): 500 mg**
  - **Vitamin D (as Cholecalciferol): 400 IU**
  - **Zinc (as Zinc Sulfate): 7.5 mg**
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## Pharmacological Class:

- **Vitamin C: Water-soluble vitamin.**
  - **Vitamin D: Fat-soluble vitamin.**
  - **Zinc: Essential trace mineral.**
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## Indications:

Vitamin C 500mg + Vitamin D 400 IU + Zinc 7.5mg Chewable Tablet is a dietary supplement indicated for:

1. **Boosting Immune Function:** The combination of Vitamin C, Vitamin D, and Zinc supports the immune system's ability to fight infections and maintain general health.
2. **General Health & Well-being:** Helps to maintain overall body health and well-being, particularly during periods of increased stress or illness.
3. **Bone Health:** Vitamin D is crucial for bone health, as it enhances calcium

absorption, which is vital for bone formation and maintenance.

4. **Skin Health:** Vitamin C contributes to collagen formation, which is essential for healthy skin, wound healing, and elasticity.
  5. **Antioxidant Protection:** Vitamin C provides antioxidant properties, protecting cells from oxidative stress caused by free radicals.
  6. **Supporting Growth & Development:** In children, these nutrients are important for normal growth and development.
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## Mechanism of Action:

- **Vitamin C (Ascorbic Acid):** Acts as a powerful antioxidant that protects cells from oxidative damage. It is essential for the synthesis of collagen, which supports the skin, blood vessels, bones, and cartilage. It also enhances the absorption of iron from plant-based sources and boosts the immune system by supporting the production of white blood cells.
- **Vitamin D (Cholecalciferol):** Helps the body absorb calcium and phosphate, which are critical for bone formation. It also regulates immune system responses and has anti-inflammatory effects. Vitamin D is vital for maintaining bone density and preventing diseases like osteoporosis.
- **Zinc:** Plays a key role in numerous biological functions, including enzyme activity, immune function, protein synthesis, and wound healing. Zinc supports cell growth and division, making it essential for immune health and proper healing after injury.

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### Dosage and Administration:

- **Recommended Dosage:** Take 1 chewable tablet daily, or as directed by your healthcare provider.

**Administration:** The tablet is designed to be chewed, making it suitable for individuals who have difficulty swallowing pills. It should be taken with food or water to help with absorption and reduce the risk of stomach upset.

**Note:** For children, consult a healthcare provider for appropriate dosing based on age and health condition.

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### Contraindications:

- **Hypersensitivity** to any ingredient in the formulation.
- **Excessive intake of Vitamin D or Zinc** can lead to toxicity. Do not exceed the recommended dose unless advised by a healthcare professional.

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### Warnings and Precautions:

- **Vitamin D Toxicity:** Excessive intake of Vitamin D can lead to hypercalcemia (elevated calcium levels in the blood), which can cause nausea, vomiting, weakness, and kidney problems. Do not exceed the recommended dose.
- **Zinc Toxicity:** High doses of zinc can cause nausea, vomiting, loss of appetite, and other gastrointestinal issues. Chronic excessive zinc intake may impair immune function.
- **Kidney or Liver Disease:** Individuals with kidney or liver disease should

consult their doctor before using this product.

- **Pregnancy and Lactation:** Pregnant or breastfeeding women should consult a healthcare provider before using this supplement to ensure the dosage is appropriate.
- **Interactions:** Zinc may interfere with the absorption of certain antibiotics, and high doses of Vitamin D can interact with medications like corticosteroids, anticonvulsants, and weight-loss drugs. Always inform your healthcare provider of all medications you are taking.

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### Adverse Effects:

- **Common Side Effects:**
  - Mild gastrointestinal discomfort (e.g., bloating, stomach upset).
  - Headache or dizziness (especially when taken in excessive amounts).
- **Serious Side Effects:**
  - **Hypercalcemia** (from excessive Vitamin D) leading to nausea, vomiting, confusion, and kidney damage.
  - **Zinc Overdose** can cause vomiting, loss of appetite, abdominal cramps, and diarrhea.
  - **Allergic Reactions:** Rash, itching, swelling, or difficulty breathing. Seek immediate medical attention if these symptoms occur.

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### Drug Interactions:

- **Antibiotics** (e.g., tetracycline, quinolones): Zinc can reduce the absorption of certain antibiotics. It is advisable to take zinc supplements at least 2 hours apart from these medications.

- **Calcium:** Excessive calcium can impair the absorption of Vitamin D, although typical dietary calcium intake does not usually pose a problem.
- **Iron Supplements:** Vitamin C enhances the absorption of iron. However, it may interact with certain iron-based medications.
- **Diuretics (e.g., thiazide diuretics):** These can increase the risk of Vitamin D toxicity by increasing calcium levels in the blood.

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#### Use in Special Populations:

- **Pregnancy:** Vitamin C, Vitamin D, and Zinc are essential during pregnancy, but supplements should only be taken after consulting with a healthcare provider to avoid excessive intake.
- **Breastfeeding:** These nutrients are beneficial during breastfeeding, but it is important to ensure that supplementation does not exceed recommended levels.
- **Children:** Safe for children when used according to pediatric dosing recommendations from a healthcare provider.
- **Elderly:** Older adults may benefit from these vitamins and minerals to support bone health, immune function, and skin health.

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#### Storage:

- Store in a cool, dry place away from direct sunlight.
- Keep out of reach of children.
- Do not store above 30°C.
- Keep the bottle tightly closed.

#### Packaging:

- Available in bottles containing 30 chewable tablets.

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#### Patient Instructions:

1. Chew the tablet thoroughly before swallowing.
2. Do not exceed the recommended daily dose unless directed by a healthcare provider.
3. If you miss a dose, take it as soon as you remember, unless it is almost time for the next dose. Do not take two doses at once.
4. Consult your doctor if you have any pre-existing medical conditions or are taking other medications.

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**Vitamin C 500mg + Vitamin D 400 IU + Zinc 7.5mg Chewable Tablet** is a convenient and effective supplement to support immune health, bone health, skin health, and overall well-being. It provides a synergistic combination of essential vitamins and minerals, and when taken as directed, helps meet daily nutritional requirements. Always follow the recommended dosage to avoid side effects.

Manufactured in India for:

**Cafoli**<sup>TM</sup>  
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(An ISO 9001: 2015 Certified Co.)

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