

# Calostyle D3 2K Softgel

## Cholecalciferol 2000 IU Softgel

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Cholecalciferol (Vitamin D3) is a vital nutrient that supports the body's ability to absorb calcium and maintain bone health. The 2000 IU softgel is designed to provide an optimal dose of Vitamin D to help prevent deficiency and maintain overall health.

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### Composition:

- Cholecalciferol (Vitamin D3): 2000 IU per softgel
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### Indications:

This softgel is indicated for:

1. Vitamin D Deficiency and Insufficiency
  2. Osteoporosis Prevention and Management
  3. Support for Bone and Joint Health
  4. Immune System Support
  5. Hypocalcemia (Low Calcium Levels in the Blood)
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### Dosage & Administration:

- Adults: One softgel daily or as directed by your healthcare provider.
- For maintenance therapy, a lower dose may be recommended.

### Directions for Use:

- Swallow the softgel whole with water, preferably after a meal to enhance absorption.

### Benefits of Cholecalciferol:

- Promotes calcium absorption for stronger bones and teeth.
  - Supports the immune system and reduces the risk of infections.
  - May reduce the risk of chronic diseases associated with Vitamin D deficiency.
  - Improves mood and cognitive function, especially in individuals with low Vitamin D levels.
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### Side Effects:

- Common Side Effects:
    - Mild stomach discomfort
    - Constipation
    - Dry mouth
  - Rare but Serious Side Effects:
    - Hypercalcemia (high blood calcium levels), which may cause fatigue, nausea, excessive thirst, or irregular heartbeat.
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### Precautions:

1. Hypercalcemia or Hypervitaminosis D: Avoid use in individuals with high calcium or Vitamin D levels.
2. Kidney Disorders: Use cautiously in people with kidney problems or a history of kidney stones.
3. Pregnancy and Breastfeeding: Consult a healthcare provider before use, especially during pregnancy or lactation.
4. Allergy: Do not use if allergic to Vitamin D or any other components of the softgel.

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**This Cholecalciferol 2000 IU Softgel is an easy-to-use, effective way to maintain optimal Vitamin D levels and support your overall health, particularly bone health, immune function, and mood regulation. Use as directed for the best results.**

Manufactured in India for:



Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

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

TM: Trademark Applied for

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### **Drug Interactions:**

- **Calcium Supplements or Antacids:** May increase the risk of hypercalcemia.
- **Thiazide Diuretics:** May elevate calcium levels in the blood.
- **Steroids (Corticosteroids):** May reduce the effectiveness of Vitamin D.
- **Digoxin:** High Vitamin D levels may increase the risk of heart arrhythmias.

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### **Overdose Symptoms:**

- **Symptoms of Vitamin D overdose may include:**
  - **Nausea, vomiting, loss of appetite**
  - **Increased thirst, frequent urination**
  - **Weakness or fatigue**
  - **High blood calcium levels, which may cause kidney damage**
- **Seek immediate medical attention in case of overdose.**

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### **Storage:**

- **Store at room temperature (15-25°C), away from heat and direct sunlight.**
- **Keep out of reach of children.**

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### **Key Counseling Points:**

1. **Do not exceed the recommended dose.**
  2. **Take with food to improve absorption.**
  3. **Periodic monitoring of Vitamin D and calcium levels may be recommended during long-term use.**
  4. **If you miss a dose, take it as soon as you remember, but do not double the dose.**
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