

Calostyle CCM Tablet

Calcium Citrate Malate (250mg) + Vitamin D3 (100 IU) + Folic Acid (50 mcg) Tablet

This supplement combines Calcium Citrate Malate, Vitamin D3, and Folic Acid to support bone health, enhance calcium absorption, and address folate deficiency. It is suitable for individuals needing additional nutritional support for bones, muscles, and overall health.

Composition (per tablet):

- **Calcium Citrate Malate 250mg:** A highly bioavailable form of calcium that aids in bone strength and density.
 - **Vitamin D3 (Cholecalciferol) 100 IU:** Enhances calcium absorption and maintains healthy calcium-phosphorus balance.
 - **Folic Acid 50 mcg:** Essential for DNA synthesis, red blood cell production, and supporting healthy cell division.
-

Uses:

1. **Bone Health:**
 - Helps maintain strong and healthy bones, reducing the risk of osteoporosis and fractures.
2. **Calcium and Vitamin D Deficiency:**
 - Addresses conditions like hypocalcemia and vitamin D insufficiency.
3. **Folic Acid Deficiency:**

- Supports red blood cell production and helps prevent anemia.

4. Pregnancy and Lactation:

- Provides essential nutrients for fetal bone and neural development and supports maternal bone health.

5. Elderly Nutrition:

- Aids in managing age-related bone density loss and calcium deficiency.
-

Mechanism of Action:

- **Calcium Citrate Malate:** Provides easily absorbable calcium, promoting bone health and preventing bone loss.
 - **Vitamin D3:** Enhances calcium absorption from the intestine and supports its deposition in bones.
 - **Folic Acid:** Facilitates red blood cell formation and supports cellular growth and repair.
-

Dosage & Administration:

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

Side Effects:

- **Common:**

- Mild gastrointestinal discomfort, such as bloating or constipation.
 - **Rare (serious):**
 - Hypercalcemia (symptoms: nausea, fatigue, or confusion).
 - Allergic reactions to any component of the tablet.
-

- **Store in a cool, dry place below 25°C.**
 - **Protect from light and moisture.**
 - **Keep out of reach of children.**
-

Note: This supplement should be taken as directed by a healthcare provider, especially for individuals with chronic health conditions or those on other medications. Regular monitoring of calcium and vitamin D levels is recommended for 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

TM: Trademark Applied for

Precautions:

- 1. Kidney Disorders:** Use with caution in individuals with a history of kidney stones or chronic kidney disease.
 - 2. Hypercalcemia:** Avoid use in patients with elevated blood calcium levels.
 - 3. Drug Interactions:** Avoid taking with antacids, bisphosphonates, or tetracyclines within 2 hours of this supplement.
 - 4. Pregnancy and Lactation:** Use as directed by a healthcare provider to prevent excessive calcium or folic acid intake.
-

Drug Interactions:

- **Antacids or Calcium Supplements:** May increase calcium levels, requiring monitoring.
 - **Corticosteroids:** Can interfere with calcium absorption.
 - **Diuretics (e.g., thiazides):** May increase the risk of hypercalcemia.
 - **Anticonvulsants:** Can reduce folic acid levels, requiring dose adjustments.
-

Storage: