

## Calostyle CT Softgel

### Calcitriol I.P. 0.25 mcg + Calcium Carbonate I.P. 500 mg + Zinc Sulphate Monohydrate I.P. 7.5 mg Softgel Capsule

#### Introduction

This softgel capsule is a dietary supplement used to support bone health, calcium metabolism, and overall well-being. It is commonly prescribed for individuals with calcium and vitamin D deficiencies, osteoporosis, and other bone-related disorders. The combination of **Calcitriol, Calcium Carbonate, and Zinc Sulphate Monohydrate** plays a crucial role in maintaining bone strength and preventing degenerative bone diseases.

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### Composition and Role of Each Ingredient

- 1. Calcitriol (0.25 mcg)**
  - Calcitriol is the active form of vitamin D3.
  - It enhances calcium and phosphate absorption from the intestine.
  - Promotes proper bone formation and prevents bone loss.
  - Helps regulate parathyroid hormone (PTH) levels, preventing excessive bone resorption.
- 2. Calcium Carbonate (500 mg)**
  - A primary source of elemental calcium, essential for bone mineralization.
  - Supports proper muscle function, nerve signaling, and blood clotting.
  - Helps prevent and treat osteoporosis and calcium deficiency-related disorders.
- 3. Zinc Sulphate Monohydrate (7.5 mg)**
  - Plays a key role in bone tissue development and repair.
  - Supports immune function and metabolic processes.
  - Enhances wound healing and promotes overall growth and development.

### Uses and Indications

This combination supplement is recommended for:

- **Osteoporosis:** Prevents bone loss and improves bone density.
- **Hypocalcemia:** Used in cases of low calcium levels in the blood.
- **Vitamin D Deficiency:** Helps in calcium absorption and utilization.
- **Chronic Kidney Disease (CKD):** Helps manage calcium-phosphorus balance in patients with kidney dysfunction.
- **Postmenopausal Bone Loss:** Prevents fractures and maintains bone strength in postmenopausal women.
- **Pregnancy and Lactation:** Supports maternal bone health and fetal development.
- **Hypoparathyroidism:** Helps manage calcium levels in people with underactive parathyroid glands.

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### Dosage and Administration

- The dosage should be as directed by a healthcare professional.
- Usually taken **once or twice daily**, preferably **with meals** for better absorption.
- Swallow the softgel capsule whole with water.

#### Missed Dose:

If a dose is missed, take it as soon as you remember. If it is almost time for the next dose, skip the missed one. Do not double the dose to make up for a missed dose.

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### Precautions and Warnings

- **Hypercalcemia:** Excessive intake may lead to high calcium levels in the blood, causing symptoms like nausea, vomiting, constipation, and confusion.

- **Kidney Disorders:** Should be used cautiously in patients with kidney stones or chronic kidney disease.
  - **Heart Conditions:** Patients with heart disease should consult a doctor before use, as excess calcium may affect heart rhythms.
  - **Drug Interactions:**
    - Avoid taking with **antacids containing magnesium or aluminum**, as they may reduce absorption.
    - Certain medications like **glucocorticoids, anticonvulsants, and diuretics** may interfere with calcium and vitamin D metabolism.
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and supporting overall metabolic health. Regular use under medical supervision ensures optimal benefits while minimizing risks.

Manufactured in India for:



**Cafoli Lifecare Pvt. Ltd.**

**(An ISO 9001: 2015 Certified Co.)**

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## Side Effects

Most people tolerate this supplement well, but some may experience:

- Nausea or vomiting
- Constipation or diarrhea
- Stomach discomfort
- Increased thirst and urination
- Muscle weakness or fatigue

If any severe side effects occur, such as kidney pain, irregular heartbeat, or severe allergic reactions, seek medical attention immediately.

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## Storage Instructions

- Store in a **cool, dry place** away from direct sunlight.
  - Keep out of reach of children.
  - Do not use if the **blister pack is damaged or expired**.
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## Conclusion

This **Calcitriol, Calcium Carbonate, and Zinc Sulphate Monohydrate Softgel Capsule** is an effective supplement for managing calcium and vitamin D deficiencies. It is essential for maintaining strong bones, preventing osteoporosis,