

Calostyle Coral Tablet

Coral Calcium 750mg Eq. to Calcium 225mg + Vitamin D3 500 IU Tablets

Coral Calcium is a natural supplement derived from the mineral-rich coral reefs. This formulation provides essential calcium and vitamin D3 to support bone health and overall well-being.

Composition per Tablet:

- Coral Calcium: 750 mg (equivalent to 225 mg of elemental calcium)
- Vitamin D3 (Cholecalciferol): 500 IU

Indications:

This supplement is primarily used to:

1. **Support Bone Health:**
 - Helps in the prevention and treatment of osteoporosis and calcium deficiency.
 - Promotes bone density and strength, reducing the risk of fractures.
2. **Aid in Calcium Absorption:**
 - Vitamin D3 enhances the absorption of calcium from the digestive tract, ensuring optimal utilization of calcium in the body.
3. **General Well-Being:**
 - Beneficial for those with low calcium levels, individuals at risk for bone-related disorders, and older adults who may have reduced calcium absorption.
4. **Support Muscular Function:**
 - Calcium plays a key role in muscle contraction and relaxation,

helping to reduce muscle cramps and spasms.

5. Boost Immune Function:

- Vitamin D3 is essential for the proper functioning of the immune system, promoting general health.

Mechanism of Action:

- **Calcium:** A crucial mineral for bone and teeth health, calcium also plays an important role in nerve function, muscle contraction, and blood clotting.
- **Vitamin D3:** Increases the absorption of calcium and phosphorus in the intestines and regulates the amount of calcium in the bloodstream, ensuring bone health and mineralization.

Dosage and Administration:

- **Adults:** Take 1 tablet daily with a meal or as directed by your healthcare provider.
- **Children (under 12 years):** Dosage should be determined by a doctor.

Side Effects:

Coral Calcium with Vitamin D3 is generally well-tolerated. However, some people may experience:

- Gastrointestinal discomfort, such as bloating, constipation, or gas.
- High calcium levels (hypercalcemia), if taken in excess, which may cause nausea, vomiting, or kidney stones.

- **Allergic reactions:** In rare cases, a rash, itching, or swelling may occur.

If any of these symptoms occur, consult a healthcare professional.

Precautions:

- 1. Calcium and Vitamin D Toxicity:**
 - Taking high doses of calcium and vitamin D3 can lead to toxicity. Follow the recommended dosage.
- 2. Kidney Stones or Kidney Disease:**
 - If you have a history of kidney stones or any kidney disorder, consult your doctor before use.
- 3. Pregnancy and Breastfeeding:**
 - Generally considered safe during pregnancy and breastfeeding at the recommended dosage. Consult your doctor before use.
- 4. Concurrent Use with Other Supplements:**
 - Avoid taking multiple calcium-containing supplements simultaneously to prevent excessive calcium intake.

Drug Interactions:

- 1. Thyroid Medication:**
 - Calcium may interfere with the absorption of thyroid medications like levothyroxine. It is advisable to take calcium supplements 4 hours apart from thyroid medication.
- 2. Antacids and Bisphosphonates:**
 - Calcium can interfere with the absorption of bisphosphonates and certain antacids. Take these medications at different times from the coral calcium supplement.
- 3. Diuretics:**

- Some diuretics may affect calcium levels in the body, requiring adjustment of calcium supplementation.

Storage:

- Store at room temperature (15°C–30°C).
- Keep the container tightly closed and store in a cool, dry place away from light.
- Keep out of reach of children.

Conclusion:

Coral Calcium 750mg with Vitamin D3 500 IU tablets are an excellent choice for supporting bone health and overall well-being. This combination ensures that your body receives both the necessary calcium for bone strength and the vitamin D3 needed for its effective absorption. Regular use, along with a healthy diet and lifestyle, can help maintain strong bones and reduce the risk of bone disorders. Always follow the recommended dosage and consult your healthcare provider if you have any concerns.

Manufactured in India for:



Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

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