

Calostyle D3 Kit Tablet

Here is the information for Ibandronate Sodium Monohydrate 150mg + Calcium Carbonate I.P. 500mg + Vitamin D3 I.P. 500 IU + Zinc Sulphate Monohydrate I.P. 7.5mg Tablet:

Information for the Use

Ibandronate Sodium Monohydrate 150mg + Calcium Carbonate I.P. 500mg + Vitamin D3 I.P. 500 IU + Zinc Sulphate Monohydrate I.P. 7.5mg Tablet

Composition:

Each tablet contains:

- **Ibandronate Sodium Monohydrate: 150 mg**
- **Calcium Carbonate (I.P.): 500 mg**
- **Vitamin D3 (I.P.): 500 IU**
- **Zinc Sulphate Monohydrate (I.P.): 7.5 mg**

Indications:

This combination tablet is used for the prevention and treatment of osteoporosis and bone-related conditions. It helps in:

- **Osteoporosis Treatment:** Ibandronate, a bisphosphonate, works by inhibiting the activity of osteoclasts (cells responsible for bone resorption), thereby strengthening the bones.
- **Bone Mineralization:** Zinc plays a role in bone mineralization and overall bone health.

This combination is beneficial for patients with osteoporosis, particularly postmenopausal women or those undergoing long-term

corticosteroid therapy, to reduce the risk of fractures.

Mechanism of Action:

- **Ibandronate Sodium:** Ibandronate is a bisphosphonate that works by inhibiting osteoclast-mediated bone resorption. It reduces bone turnover, helping to increase bone density and reduce fracture risk.
- **Calcium Carbonate:** Calcium is an essential mineral for bone health, helping to build and maintain strong bones and teeth. It also plays a crucial role in muscle function, nerve transmission, and blood clotting.
- **Zinc Sulphate:** Zinc is involved in bone formation and mineralization. It also plays a critical role in the immune system and wound healing.

Dosage and Administration:

- **Adults:** The usual recommended dosage is 1 tablet per month taken with a full glass of water, on an empty stomach, at least 30 minutes before eating or drinking anything (except water). This allows for optimal absorption of the medication.
- **Instructions for use:**
 - Take the tablet first thing in the morning before breakfast.
 - Remain upright (standing or sitting) for at least 30 minutes after taking the tablet to help reduce the risk of irritation or ulcers in the esophagus.
 - Do not lie down immediately after taking the tablet.
 - It is essential to follow a calcium-rich diet and possibly take

additional vitamin D if recommended by your healthcare provider.

Contraindications:

- **Hypersensitivity:** Do not use if you are allergic to any of the ingredients in this medication.
- **Esophageal Disorders:** Contraindicated in patients with esophageal abnormalities or difficulties swallowing, as it may increase the risk of esophageal irritation or ulcers.
- **Severe Renal Impairment:** This medication should not be used in patients with severe kidney problems.

Precautions:

- **Calcium and Vitamin D Supplementation:** Use with caution in patients with hypercalcemia (high levels of calcium in the blood) or vitamin D toxicity.
- **Kidney Function:** Ibandronate and calcium should be used with caution in patients with impaired kidney function.
- **Gastrointestinal Conditions:** If you have any gastrointestinal issues (e.g., ulcers, acid reflux), discuss this with your doctor before use.
- **Adequate Fluid Intake:** Ensure adequate hydration while using this medication to avoid dehydration and maintain kidney function.

Possible Side Effects:

Common side effects may include:

- **Mild gastrointestinal discomfort** (e.g., nausea, upset stomach)
- **Headache**
- **Back pain**
- **Muscle or joint pain**
- **Constipation or diarrhea**

Serious side effects (though rare, should be reported to a doctor):

- **Esophageal irritation or ulcers**
- **Severe bone, joint, or muscle pain**
- **Low calcium levels (hypocalcemia)**
- **Signs of allergic reactions:** rash, swelling, difficulty breathing, or dizziness
- **Kidney problems:** signs such as swelling in the legs, feet, or ankles

Drug Interactions:

- **Calcium and Iron Supplements:** Calcium and iron can interfere with the absorption of other medications, so they should not be taken simultaneously with this tablet.
- **Other Bisphosphonates:** Do not combine this medication with other bisphosphonates to avoid excessive bone resorption inhibition.

Storage:

Store the tablets in a cool, dry place, away from direct light and moisture. Keep the container tightly closed and out of the reach of children. The recommended storage temperature is 15°C to 30°C.

Note: Always consult your healthcare provider before starting or adjusting any medication regimen, especially if you have any pre-existing conditions or are taking other medications. Regular follow-up appointments and bone density testing may be necessary to assess the effectiveness of treatment.

Manufactured in India for:

CafoliTM
L I F E C A R E

Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

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