

Information For the User
CALCIUM CARBONATE 1250 MG EQ. TO ELEMENTAL CALCIUM 500 MG + VITAMIN D3 2000 IU +
METHYLCOBALAMIN 1500 MCG + L-METHYLFOLATE 1 MG + PYRIDOXAL -5 PHOSPHATE - 20 MG

Calostyle XT Tablet

Calostyle XT Tablet – Comprehensive Calcium and Vitamin D3 Supplement

Composition (As per IP India Guidelines):

Each film-coated **Calostyle XT Tablet** contains:

- **Calcium Carbonate IP 1250 mg** (Equivalent to **Elemental Calcium 500 mg**)
- **Vitamin D3 IP 2000 IU**
- **Methylcobalamin IP 1500 mcg**
- **L-Methylfolate IP 1 mg**
- **Pyridoxal-5-Phosphate IP 20 mg**

Pharmacological Action:

- **Calcium Carbonate** is a vital mineral for bone mineralization and skeletal strength.
- **Vitamin D3** enhances intestinal calcium absorption and regulates calcium-phosphorus balance.
- **Methylcobalamin** plays a crucial role in neurological function and red blood cell formation.
- **L-Methylfolate** contributes to cardiovascular and neural development.
- **Pyridoxal-5-Phosphate** supports neurotransmitter synthesis and metabolism.

Indications:

Calostyle XT Tablet is indicated for:

- **Osteoporosis, osteopenia, and bone mineral deficiencies**
- **Calcium and Vitamin D3 deficiency states**
- **Adjunct therapy in pregnancy and lactation** to meet increased calcium demands
- **Neuropathy management** in diabetic and neurological disorders
- **Support in chronic kidney disease (CKD)** to maintain bone metabolism

Dosage and Administration:

- The usual recommended dosage is **one tablet once daily** or as prescribed by a physician.
- To be taken with meals for optimal absorption.

Contraindications:

- Hypersensitivity to any of the ingredients.
- Hypercalcemia or hypervitaminosis D.
- Severe renal impairment or kidney stones associated with calcium supplementation.

Warnings and Precautions:

- Use with caution in patients with renal dysfunction or a history of kidney stones.
- Regular monitoring of serum calcium and Vitamin D levels is recommended.

- Use in pregnancy and lactation should be under medical supervision.

Adverse Effects:

- Hypercalcemia, nausea, constipation, or gastrointestinal discomfort in rare cases.
- Prolonged use may require monitoring of renal function.

Drug Interactions:

- **Calcium Carbonate** may interfere with the absorption of **tetracyclines, fluoroquinolones, bisphosphonates, and levothyroxine**.
- **Vitamin D3** may enhance calcium absorption, requiring dose adjustments in certain conditions.
- **Pyridoxal-5-Phosphate** may interact with **levodopa**, reducing its effectiveness.

Storage Conditions:

- Store below **30°C** in a **cool, dry place**.
- Protect from **moisture and direct sunlight**.
- Keep out of **reach of children**.

Conclusion:

Calostyle XT Tablet is formulated to **support bone health, prevent osteoporosis, and improve nerve function**. It provides an optimal balance of **calcium, vitamin D3, and essential B-complex vitamins**, ensuring enhanced absorption and efficacy for long-term skeletal and neurological well-being.

Manufactured in India for:



Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

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