

## Coliocal XT

### **Composition**

Calcium Carbonate 1250 mg + Vitamin D3 2000 IU + L-Methylfolate Calcium 1 mg + Mecobalamin 1500 mcg + Pyridoxal 5- Phosphate 20 mg Tablets

### **STORAGE**

Store below 25°C

### **PRODUCT INTRODUCTION**

Coliocal XT Tablet is a combination medicine used to treat nutritional deficiencies. It is normally prescribed when your diet alone cannot provide the necessary supplements your body needs. It fulfills the deficiency to prevent related diseases. It also ensures proper growth and functioning of the body.

Coliocal XT Tablet may be taken with or without food. Take it in the dose and duration advised by the doctor. Take it regularly at the same time each day to get maximum benefits from it. Do not take it more than or longer than prescribed by the doctor, as that may cause harmful effects.

It is generally safe medicine with little or no side effects. However, some people may experience dryness in the mouth, nausea, abdominal pain, constipation, and headache on taking the medicine. If you experience any such side effects which do not go away on their own or get worse, let your doctor know. It is important to let your doctor know if you have any preexisting medical conditions or if you are taking any other medications. This will ensure your safety to use this medicine.

### **USES OF COLIOCAL XT TABLET**

Coliocal XT Tablet is a nutritional supplement that is used to prevent or treat low blood calcium levels in people who do not get enough calcium from their diets. It improves the level of calcium in the body. This helps keep your bones strong and healthy and reduce the risk of any bone disorders like osteoporosis. Calcium is also necessary for normal functioning of nerves, cells, muscle and heart. This combination contains other vitamins and minerals that help in strengthening the immune system, improve metabolism of the body and aid in the proper functioning of the nervous system. Taking Coliocal XT Tablet improves general health and enhances the quality of life.

### **HOW TO USE COLIOCAL XT TABLET**

Take this medicine in the dose and duration as advised by your doctor. Swallow it as a whole. Do not chew, crush or break it. Coliocal XT Tablet may be taken with or without food, but it is better to take it at a fixed time.

### **HOW COLIOCAL XT TABLET WORKS**

Coliocal XT Tablet is a combination of five medicines: Calcium Carbonate, Vitamin D3, Methylcobalamin, L-Methyl Folate Calcium, and Pyridoxal-5-phosphate. Calcium carbonate is a dietary supplement used when the amount of calcium taken in the diet is not enough. Vitamin D3 is a form of vitamin D. It raises vitamin D levels in your blood. This in turn raises calcium levels in your blood by helping you absorb more calcium from food. Methylcobalamin is a form of vitamin B12 that restores its level in the body

thereby helping in treating certain anemias and nerve problems. L-Methyl Folate Calcium and Pyridoxal-5-phosphate are nutritional supplements that provide essential nutrients to our body and improve overall health.

**WHAT IF YOU FORGET TO TAKE COLIOCAL XT TABLET?**

If you miss a dose of Coliocal XT Tablet, take it as soon as possible. However, if it is almost time for your next dose, skip the missed dose and go back to your regular schedule. Do not double the dose.