

Benefits

Vitamin D deficiency: Helps improve calcium absorption and bone health. **Vitamin B12 deficiency:** Addresses neurological issues, fatigue, and anemia. **Osteoporosis:** Prevents and manages bone fragility and brittleness. **Osteomalacia/Rickets:** Alleviates bone softening and deformity. **Hypoparathyroidism:** Treats low calcium levels caused by underactive parathyroid glands. **Latent Tetany:** Relieves muscle issues resulting from calcium insufficiency.

How It Works

CALCIUM + VITAMIN D3 + VITAMIN B12 replenishes essential nutrients:

- **Calcium:** Strengthens bones and supports muscle and nerve function.
- **Vitamin D3:** Enhances calcium and phosphate absorption, maintaining bone density.
- **Vitamin B12:** Vital for red blood cell formation, nerve function, and DNA synthesis.

Side Effects

Constipation, Stomach discomfort, Diarrhea

Expert's Advice

- **Follow Prescribed Dosage:** Avoid overuse to prevent complications like kidney stones or high calcium levels (hypercalcemia).
- **Regular Monitoring:** Periodic tests for calcium and vitamin levels are advised, especially for individuals with kidney disorders or hyperparathyroidism.
- **Dietary Support:** Include calcium- and vitamin-rich foods such as dairy, leafy greens, fish, and fortified cereals to enhance supplement benefits.
- **Stay Hydrated:** Drink adequate water to reduce kidney stone risk.
- **Avoid Drug Interactions:** Maintain a gap of at least two hours between this supplement and antacids for better absorption.

Frequently Asked Questions

Q. What is the primary use of this supplement?

It is used to treat deficiencies of Vitamin D and B12, support bone health, and manage conditions like osteoporosis, rickets, hypoparathyroidism, and latent tetany.

Q. Can I take this supplement with milk?

Yes, milk is a good source of calcium and complements the supplement's effects.

Q. Does it cause kidney stones?

Long-term use may increase kidney stone risk due to excess calcium. Speak with your doctor if you have a history of kidney stones.

Q. Can I take this if I have hypercalcemia?

No, individuals with hypercalcemia should avoid this supplement as it can worsen high calcium levels.

Q. Is it safe to use with antacids?

Yes, but to optimize absorption, take the supplement two hours before or four hours after antacids.

Q. How can I naturally improve Vitamin B12 levels?

Consume Vitamin B12-rich foods like eggs, fish (salmon, trout), beef, liver, chicken, fortified cereals, and dairy products. Consult a doctor if supplementation is required.