

UK Product Name Calciocare tablets (MA925) **Code Name** MA0925

Availability Stock item in UK

Description Helps increase absorption and good utilization of calcium. Each tablet contains 40mg calcium - 5% of RDA.

Is your body using the calcium you ingest?

Your calcium needs are non-negotiable for strong and healthy bones, hair, nails and teeth all require proper calcium intake. But a diet rich in calcium or taking calcium supplements doesn't guarantee that your body can assimilate and use it. Calciocare supplies calcium from red coral in a bio available form and supports your body's ability to assimilate the natural calcium in the foods you eat.

The herbs in Calciocare are combined in precise proportions and prepared in the traditional Ayurvedic way. This improves the bioavailability of vital nutrients. It also creates synergy — the collective benefit is much greater than that of isolated, individual herbs.

The Red Coral is meticulously processed in the juices and decoctions of the herbs so that its qualities (gunas) are enhanced.

Calciocare helps:

- supports the body's ability to absorb and assimilate calcium from the foods you eat
- supplies 220 mg. of calcium carbonate in each tablet
- supports the flow of nutrients and energy to cells
- helps metabolise fat tissue for healthy bones, teeth, hair and nails

The Indian Tinospora plant has special properties. It aids metabolism and helps clear the channels between the tissues. This allows calcium to flow freely to the tissues. This herb also purifies and balances fat tissue (Meda Dhatu), the best raw material for building bones.

Amla boosts the bioavailability and absorption of calcium and balances the alkalinity of the formula.

Bhumialma (Phyllanthus) is a rasayana that particularly supports liver function

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/500mg)
Emblica officinalis Gaertn.	Amla	fruit rind	1	44.44	222.2
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem	2	27.78	138.9
Corallium rubrum L.	Red coral	stem	3	22.22	111.1
Phyllanthus niruri Linn.	Bhumiamla	whole plant	4	5.56	27.8
Starch	Starch	excipient:binder	5	1	5.0
Magnesium stearate	Magnesium stearate	excipient:disintgr	6	0.5	2.5
Talcum	Talc	excipient:lubrica	7	0.5	2.5

Contraindications/Precautions None

Over dose and its Management An intake of 2-3 times more than the recommended dose is generally well tolerated. In case of intake more than this, skip the next dose. In case of discomfort consult your health advisor.

Side Effects and Interactions None known

Usage

Age Group All

Dosage Form 500mg tablet

Method of Use Take 1-2 tablets twice daily with water

How Long to Continue Use? As recommended in the General Information leaflet.

Specific Dietary/Lifestyle Advice

Presentation

Presentation 60 tablets in an amber PET pot with t/e lid

Net Weight grams 30

Storage Store in a cool, dry, dark place, tightly closed

Shelf Life (months) 36

Regulatory Status Food Supplement