

# Kalv<sup>TM</sup> Tablet & Sachet

## کیلو

Provides an optimum mix of Calcium, Vitamin D<sub>3</sub>, Vitamin K<sub>2</sub> and Magnesium to promote bone strength and support healthy pregnancy.

### COMPOSITION:

#### Kalv Tablet:

##### Each film coated tablet contains:

Red Algae Calcium .....	1400 mg.
Vitamin K <sub>2</sub> (MK-7) (Menaquinone-7) .....	90 mcg.
Vitamin D <sub>3</sub> .....	400 IU.
Magnesium .....	32 mg.

Product Specs.: In-house

#### Kalv Sachet:

##### Each sachet contains:

Red Algae Calcium .....	1400 mg.
Vitamin K <sub>2</sub> (MK-7) (Menaquinone-7) .....	90 mcg.
Vitamin D <sub>3</sub> .....	10 mcg.
Magnesium .....	32 mg.

Product Specs.: In-house

### This comprehensive Vitamin and plant origin mineral formulation is designed to

- Organic source Calcium Help meet Calcium requirements to maintain a healthy pregnancy.
- Contribute to bone mineral density and helps reducing the risk of fracture.
- Reduce the risk of Osteoporosis.
- Calcium and Vitamin D<sub>3</sub> combination supports in strong bone building.
- Direct calcium to the bones and thus contributes to bone strengthening.
- Be associated with reduced risk of coronary by keeping calcium away from arteries.

### NUTRITIONAL FACTS:

#### Red Algae Calcium: [Lithothamnion (Red algae calcium), imported from FDA approved European source MARIGOT LTD STAND FARM, IRELAND]

Calcium is important for optimal bone health throughout the life. Red Algae calcium is an organic calcium derived from marine Red algae, proven to help increase Bone Mineral Density. Kalv is readily absorbed and bioavailable. Calcium is an essential nutrient that helps build and maintain healthy teeth and bones. Adequate Calcium intake may reduce the risk of osteoporosis. Plant source calcium is more absorbable and bioavailable.

- Plant source calcium is readily absorbable and bioavailable.
- Red algae Calcium contains 72 other naturally combined trace minerals whereas rock Calcium is not rich in other minerals.
- Plant Calcium showed more reduction in PTH levels in comparison to limestone Calcium, a hormone that moves calcium out of the bones.

**Kalv provides high source of elemental Calcium from Red Algae Calcium (32% elemental Calcium by weight).**

#### Vitamin D<sub>3</sub>:

Cholecalciferol, a must to have with calcium, assists in enhancing calcium absorption from intestine and maintain adequate serum calcium levels. Vitamin D<sub>3</sub> is the activated form of Vitamin D vital to bone formation. Without sufficient D<sub>3</sub>, bones can become thin, brittle, or misshapen. Together with Calcium, Vitamin D also helps protect older adults from Osteoporosis.

**Vitamin K<sub>2</sub> as MK-7: (Vitamk7<sup>®</sup> (Menaquinone MK-7) is the active isomer of Vitamin K<sub>2</sub>, exclusively and commercialized under the name of Vitamk7<sup>®</sup>)**

Calcium homeostasis depends on the interplay of modulator compounds of which vitamin K<sub>2</sub>, especially Menaquinone-7, has assumed a vital and key role in last decades. Vitamk7<sup>®</sup> has a very high bioavailability, a very long plasma half-life. MK-7 helps to keep your arteries clean from arterial calcification by directing calcium to bones and keeping it away from arteries.

**Kalv provides high source of natural, more stable Vitamin K<sub>2</sub> as MK-7 with a very high bioavailability and a very long half-life in blood.**

### MAGNESIUM:

Works in synergy with Vitamin D<sub>3</sub> to enhance calcium absorption from intestines and facilitates bone health, flexibility and movement. Magnesium also has a role in stimulating bone-preserving hormones.

**"Nutrients do not work alone and their functions are interdependent15. Calcium, vitamin D<sub>3</sub>, Vitamin K<sub>2</sub> and Magnesium has synergistic effect on the bone health and should ideally be taken in combination."**

### CONTRAINDICATION:

Don't use the if you are allergic to any of its ingredient.

### PRECAUTIONARY WARNINGS OR POSSIBLE SIDE EFFECTS:

**No side effects have been identified. However, it's best that you ask your health expert first if:**

- You suffer from a medical condition
- You're taking other medicines

### PREGNANCY AND LACTATION:

Pregnant or breast feeding women shall consult health care professional before use.

### OVERDOSE AND TREATMENT:

In case of accidental over dosage, call a doctor or refer to healthcare facility immediately.

### INSTRUCTIONS FOR TABLET & SACHET:

- Store below 30°C.
- Protect from heat, sunlight & moisture.
- Keep out of the reach of children.

### DOSAGE AND ADMINISTRATION:

**For Tablet:** Take one tablet daily after meal or as directed by the physician.

**For Sachet:** For adults one sachet daily or as directed by the physician.

### PRESENTATION:

<b>Kalv Tablet</b>	:	Pack of 3 x 10 tablets.
<b>Kalv Sachet</b>	:	Pack of 1 x 14 sachets.

ہدایات برائے ٹیبلٹ اور ساشے:

• ۳۰ درجہ سینٹی گریڈ سے کم درجہ حرارت پر رکھیں۔

گرمی، دھوپ اور نمی سے بچائیں۔

بچوں کی پہنچ سے دور رکھیں۔

خوراک:

برائے ٹیبلٹ: ایک گولی روزانہ کھانے کے بعد یا مستند ڈاکٹر کی ہدایت کے

مطابق استعمال کریں۔

برائے ساشے: بڑوں کیلئے ایک ساشے روزانہ یا مستند ڈاکٹر کی ہدایت کے

مطابق استعمال کریں۔

Manufactured by:  
Phytocon International (Pvt.) Ltd.  
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Distributed by:  
Nexpharm Healthcare (Pvt.) Ltd.  
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FOR FURTHER INFORMATION PLEASE CONTACT:



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