

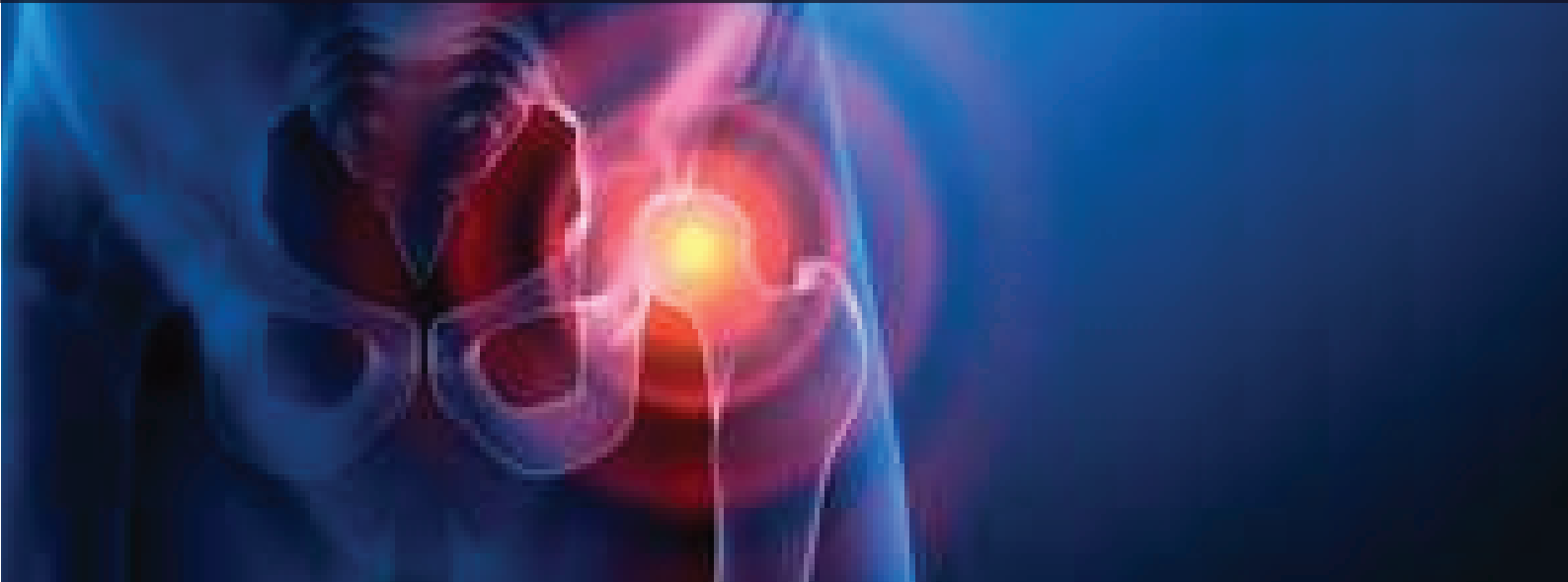


TRUSTED THERAPY

FOR STRENGTHEN



THE BONES



PROPERTIES:

- Supports healthy bones
- Ensures maximum calcium absorption
- Maintains bone homeostasis & integrity

DESCRIPTION:

Costio- D suspension is a combination of calcium, magnesium, zinc, vitamin D₃ and boron to improve bone strength, mineralization & bone density. Zinc supports immune system and muscles. Magnesium plays a role in metabolism and muscle health.

INDICATIONS:

Osteomalacia/Osteoporosis

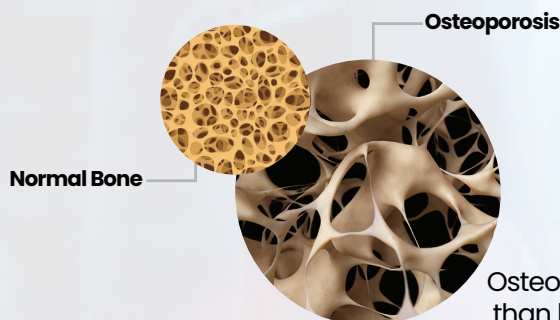
Bone Fractures

Arthritis

Bone and joint pain

OSTEOPOROSIS RATE IN PAKISTAN¹

THE CROSS SECTIONAL SURVEY REVEALED OSTEOPOROSIS RATE IN PAKISTAN



REALITY



Osteoporosis accounts for more days in the hospital than heart attack, diabetes and others.



People in Pakistan have osteoporosis of whom 7.2 Million are women



People in Pakistan have osteopenia with equal distribution among males and females

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ROLE OF INGREDIENTS:

Calcium Carbonate:

- Highest percentage of elemental calcium (40%).
- Essential for normal functioning of nerve cells, muscles and bones.
- Prevent bone loss and reduces fracture risks.

Vitamin D₃:

- Facilitates intestinal absorption of calcium.
- Helps in mineral metabolism and bone growth.
- Stimulates absorption of phosphate & magnesium ions.

Vitamin K₂:

- Regulates proper calcium absorption.
- Increases bone mineral density and reduces fracture risks.
- Prevents calcium from hardening in blood vessels.

Zinc:

- Stimulates bone formation.
- Preserves bone mass.
- Exerts compatible action with calcium carbonate.

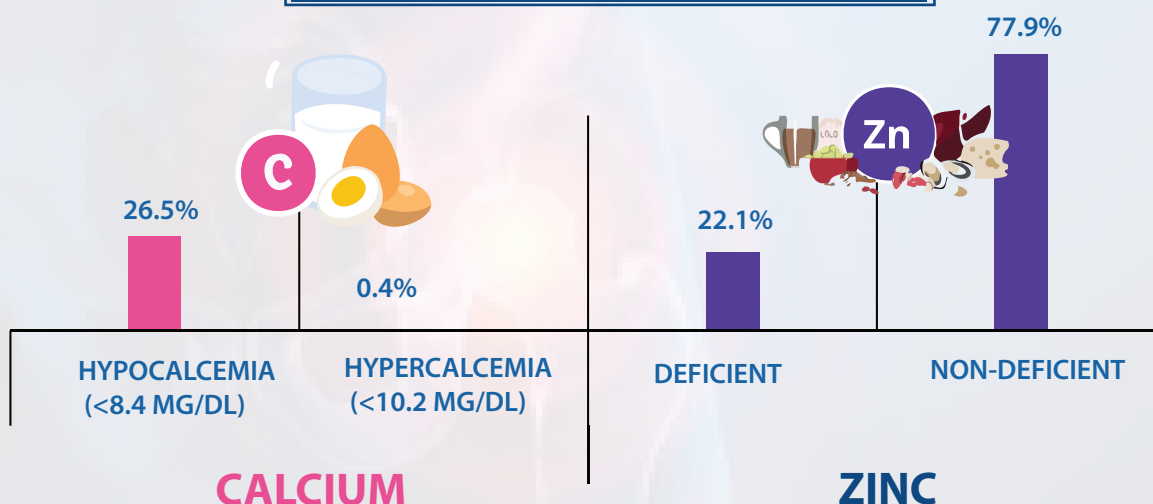
Magnesium:

- Balances para-thyroid hormone.
- Maintains bone homeostasis & integrity.

Boron:

- Boron aids in keeping your bones strong along with possibly improving brain function.
- Boron is known to play a role in extending the half-life of vitamin D and estrogen.

CALCIUM AND ZINC DEFICIENCY:



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COMPOSITION:

Each 5 ml contains:

Calcium (USP):400 mg
Cholecalciferol (USP):200 IU
Zinc (USP):20 mg
Magnesium (USP):75 mg
Boron (USP):0.125 mg

USP Specification

Costio-D suspension is a comprehensive formula of Calcium with Vit. D3, Zinc, Magnesium & Boron

Costio-D suspension offers faster and better absorption

Vitamin D3 and magnesium in Costio-D promote maximum absorption of calcium

Costio-D contains zinc that helps comprise the mineral portion of the bones and supports bone-building cells

Costio-D suspension contains the highest percentage of elemental calcium (40%)

Sugar free
(safe for diabetic patients)

DOSAGE:

Children:

1 teaspoons 2-3 times a day.

Adults:

2 teaspoonful twice daily preferably with food or as directed by a physician.

PRESENTATION:

Available in a 120ml Amber pet bottle Syp Pack



References:

- [1.https://jpma.org.pk/article-details/4428#:~:text=It%20is%20estimated%20that%20about,distribution%20among%20males%20and%20females](https://jpma.org.pk/article-details/4428#:~:text=It%20is%20estimated%20that%20about,distribution%20among%20males%20and%20females)
- [2.https://www.unicef.org/pakistan/media/1871/file/Key%20Findings-National%20Nutrition%20Survey%202018.pdf](https://www.unicef.org/pakistan/media/1871/file/Key%20Findings-National%20Nutrition%20Survey%202018.pdf)
- [3.https://www.multivu.com/8410051-sunsweet-iof-world-osteoporosis-day-bone-health/](https://www.multivu.com/8410051-sunsweet-iof-world-osteoporosis-day-bone-health/)