

**Brand Name:** Recocal D3 Sachet

**Composition:** Vitamin D3 (Cholecalciferol) 60000 IU

**Company:** Green Cross Remedies (WHO-GMP Certified)

**Product Overview:**

Recocal D3 Sachet is a high-strength Vitamin D3 supplement formulated to help manage and prevent Vitamin D deficiency. Vitamin D plays a crucial role in maintaining healthy bones, muscles, and immunity. Recocal D3 comes in an easy-to-use oral granule sachet that ensures better patient compliance and convenient weekly dosing.

**Uses:**

Recocal D3 is used to treat Vitamin D deficiency and related conditions. It supports proper calcium absorption, strengthens bones and teeth, improves muscle strength, and enhances immune function. It is commonly prescribed in osteoporosis, rickets, osteomalacia, bone pain, muscle weakness, hypocalcemia, hypoparathyroidism, and renal osteodystrophy. It is also beneficial for individuals with limited sun exposure or increased nutritional requirements.

**Dosage:**

The usual recommended dose is one sachet (60000 IU) once weekly or as directed by the physician. The contents of the sachet should be mixed in milk or water and consumed immediately. Dosage and duration depend on the patient's age, medical condition, and Vitamin D levels. Always follow medical advice and avoid self-medication.

**Mechanism of Action:**

Cholecalciferol (Vitamin D3) is converted in the liver and kidneys into its active form, calcitriol. Calcitriol regulates calcium and phosphorus metabolism by increasing intestinal absorption, maintaining adequate serum calcium levels, and promoting bone mineralization. This helps prevent bone loss, improves muscle function, and supports normal immune response.

**Safety Information:**

Recocal D3 is generally safe when used as prescribed. Excessive intake may lead to high calcium levels. Patients with kidney disorders, hypercalcemia, or Vitamin D hypersensitivity should use it with caution under medical supervision.

**Disclaimer:**

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