

GAIA H9-ZWM9-XUQ6

GAIA Plus Calcium & Vitamin D3 Tablets (60's) User Manual

Model: H9-ZWM9-XUQ6

This manual provides essential information for the safe and effective use of GAIA Plus Calcium & Vitamin D3 Tablets.

1. PRODUCT OVERVIEW

GAIA Plus Calcium & Vitamin D3 Tablets are formulated to support bone and dental health. Calcium is a vital mineral for building and maintaining strong bones and teeth, while Vitamin D3 plays a crucial role in the body's absorption of calcium, contributing to increased bone density and reducing the risk of osteoporosis.

Key benefits include:

- Helps maintain healthy bones and teeth.
- Builds and maintains strong and healthy bones.
- Helps prevent dental problems.
- Vitamin D3 assists in calcium absorption and bone density increase.



Image 1.1: Front view of the GAIA Plus Calcium & Vitamin D3 Tablets bottle, showing the brand logo and product name.

2. DIRECTIONS FOR USE (OPERATING INSTRUCTIONS)

For optimal results, follow these usage guidelines:

- **Recommended Dosage:** Take one tablet daily after a meal.
- Alternatively, use as recommended by a healthcare professional.
- **Duration of Usage:** The duration of use should be based on the physiological condition of the individual and professional advice.

3. INGREDIENTS AND NUTRITIONAL INFORMATION

Each tablet is formulated with the following key ingredients:

- Calcium Carbonate
- Cholecalciferol (Vitamin D3)
- Other ingredients include: Disintegrant (Maize Starch, Sodium starch glycolate), Binding Agent (INS 464), Glidant (INS 553(iii), INS 551), Anti-caking Agent (INS 551), Preservative (INS 219, INS 217), Carrier (INS 551).

Nutritional Information (Approx. Values per serving)



Image 3.1: Back label of the product bottle, detailing nutritional information and ingredients.

Nutrients	Per 100g	Per Serving (1 Tablet)
Sodium (mg)	81.33	1.24
Vitamin D3* (mcg)	471.24	7.21
Calcium* (mg)	35309.15	540.23

*RDA values established as per FSSAI labelling and guidelines for average adult.

4. STORAGE AND MAINTENANCE

Proper storage ensures the product's efficacy and safety:

- Keep in a cool, dark, and dry place.
- Store away from moisture.
- Product must be stored out of reach of children.

5. WARNINGS AND PRECAUTIONS (TROUBLESHOOTING)

Adhere to the following warnings and precautions:

- Do not exceed the recommended daily usage.
- This product is not intended to be used as a substitute for a varied diet.
- This product is not intended to treat, cure, mitigate, or prevent any disease or physiological condition.
- Consult a healthcare professional before use if you are a child, pregnant/lactating woman, elderly, or an individual suffering from any medical condition.
- **NOT FOR MEDICINAL USE.**



Image 5.1: Back label of the product bottle, detailing warnings, precautions, and manufacturer information.

6. PRODUCT SPECIFICATIONS

Specification	Detail
Brand	GAIA
Model Number	H9-ZWM9-XUQ6
Item Part Number	H9-ZWM9-XUQ6
Product Dimensions (LxWxH)	5 x 5 x 10 cm
Item Weight	100 g (0.1 Kilograms)
Net Quantity	60.0 Count

Specification	Detail
Item Form	Tablet
Primary Supplement Type	Vitamin D3
Diet Type	Vegan
Age Range (Description)	Adult
Number of Items	1
Dosage Form	Tablet
Date First Available	22 August 2019

7. SUPPORT AND CONTACT INFORMATION

For any queries, feedback, or to contact customer care, please use the following details:

- **Manufacturer:** Aar Gee Formulations
- **Packer:** Cosmic Nutracos Solutions Pvt Ltd
- **Email:** info@cosmicnutracos.com
- **UPC/EAN:** 8906058611491

Please refer to the product packaging for the most current contact information and batch details.