



## Comprehensive Review of NERVISTAR CD 3: A Multinutrient Supplement for Neurological and Skeletal Health

**Bhavik Khatter\***

P.M.T., Unistar Biotech Limited, Ghazipur Village, Ghazipur, Delhi, 110096, India

\***Corresponding Author:** Bhavik Khatter, P.M.T., Unistar Biotech Limited, Ghazipur Village, Ghazipur, Delhi, 110096, India.

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### Abstract

NERVISTAR CD 3, manufactured by Unistar Biotech Limited, is a combination tablet formulated to support nerve health and overall well-being. This review critically examines its individual components—Methylcobalamin, Calcium Carbonate, Vitamin D3, Folic Acid, Benfotiamine, and Zinc Sulphate Monohydrate—highlighting their physiological roles, therapeutic applications, clinical evidence, and key indications. Additionally, the review compares NERVISTAR CD 3 with similar formulations, assesses its safety profile, and discusses its potential benefits and limitations.

**Keywords:** Unistar Biotech Limited; Folic Acid; Calcium Carbonate

### Introduction

Neurological disorders, especially those related to nutritional deficiencies, are common worldwide. NERVISTAR CD 3 addresses these concerns through a synergistic blend of vitamins and minerals crucial for nerve regeneration, bone health, and metabolic functions. Understanding the pharmacodynamics, clinical efficacy, and indications is essential for optimizing its therapeutic use.

#### Composition and Mechanism of Action

- **Methylcobalamin (1500 mcg):** Methylcobalamin is the active form of Vitamin B12 essential for nerve repair and myelination, facilitating neurotransmitter synthesis and DNA production.
- **Calcium Carbonate (625 mg):** Calcium carbonate provides elemental calcium needed for bone mineralization, muscle function, and nerve conduction.
- **Vitamin D3 (1000 IU):** Vitamin D3 enhances calcium absorption and maintains bone and immune health.

- **Folic Acid (1.5 mg):** Folic acid supports DNA synthesis, repair, and red blood cell formation.
- **Benfotiamine (150 mg):** A lipid-soluble derivative of thiamine, benfotiamine crosses cell membranes efficiently and offers neuroprotection, especially in diabetic neuropathy.
- **Zinc Sulphate Monohydrate (7.5 mg):** Zinc is vital for immune function, protein synthesis, wound healing, and cellular metabolism.

#### Indications

NERVISTAR CD 3 is indicated for a variety of conditions where the combined action of its ingredients can provide therapeutic benefit:

- **Peripheral neuropathy:** Including diabetic neuropathy, alcoholic neuropathy, and other neuropathies caused by nutritional deficiencies. Methylcobalamin and benfotiamine aid nerve repair and symptom relief.

- **Vitamin B12 deficiency:** To replenish methylcobalamin levels, improving neurological function and preventing megaloblastic anemia.
- **Bone disorders:** Such as osteoporosis and osteomalacia, where calcium and vitamin D3 supplementation is critical to improve bone density and reduce fracture risk.
- **Vitamin D deficiency:** To restore adequate vitamin D levels for calcium homeostasis and immune support.
- **Folate deficiency anemia:** Supplementation with folic acid to correct anemia and support cell division.
- **Supportive therapy in diabetic complications:** Benfotiamine helps reduce oxidative stress and advanced glycation end products that contribute to diabetic neuropathy.
- **Wound healing and immune enhancement:** Zinc supports immune competence and tissue repair, aiding recovery in patients with infections or chronic wounds.
- **General nutritional supplementation:** In patients with increased nutritional requirements due to chronic illnesses, pregnancy, or aging.

### Therapeutic applications

The combination works synergistically to:

- Promote nerve regeneration and alleviate symptoms such as pain, numbness, and tingling.
- Enhance bone mineral density and reduce fracture incidence.
- Support metabolic pathways that reduce homocysteine and oxidative stress.
- Improve immune defense mechanisms.

### Clinical evidence

Clinical trials have documented benefits in neuropathy symptom relief, improved bone health, and correction of vitamin deficiencies when the components are administered either alone or in combination.

### Comparative analysis

Compared to other multivitamin and mineral formulations, NERVISTAR CD 3 provides a higher dose of calcium, which may better support individuals at risk for osteoporosis but requires monitoring.

### Safety profile and side effects

Generally safe with minimal adverse effects when used as directed; side effects may include gastrointestinal discomfort or rare allergic reactions.

### Conclusion

NERVISTAR CD 3 offers a scientifically backed, well-rounded supplement for neurological and skeletal health indications. It is particularly beneficial in managing peripheral neuropathies and bone disorders related to vitamin and mineral deficiencies [1-20].

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