

**Directions:** Take up to (2) tablets daily with any meal for maximum daily results, or as directed by your healthcare provider. Do not exceed recommended dosage.

**Keep out of reach of children.** Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

Unconditionally guaranteed for purity, freshness and label potency. No added Sugar, Salt, Yeast, Preservatives or Artificial Flavors.

Os Cal® 250 +D is a registered trademark of SmithKline Beecham, Pittsburgh, PA 15230



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21<sup>ST</sup>  
CENTURY®



DIETARY SUPPLEMENT

OYSTER SHELL

Calcium 250 +D

Compare To Active Ingredients  
In Os Cal® 250 +D<sup>†</sup>



90 ~~X~~ 5 Tablets

**Supplement Facts**

Serving Size: 2 Tablets  
Servings Per Container: 45

Amount Per Serving		% DV†
Vitamin D <sub>3</sub> (as Cholecalciferol)	250 IU	60%
Calcium (from Oyster Shell)	500 mg	50%

† Percent Daily Value (DV) based on a 2,000 calorie diet.

Other Ingredients: Croscarmellose Sodium, Stearic Acid, Cellulose, Magnesium Stearate.  
Contains a shellfish ingredient (oyster shell).

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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Calcium 250 +D  
Oyster Shell

Regular exercise and a healthy diet with enough calcium helps those at high risk, including teen and young adult Caucasian and Asian women, maintain good bone health and reduce their high risk of developing osteoporosis later in life. Adequate calcium is important, but daily intakes of above about 2000mg are not likely to provide any additional benefit. Vitamin D is essential for use of calcium and necessary for healthy bones, teeth and cartilage.\*

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