

21ST
CENTURY®



DIETARY SUPPLEMENT

COMPARE TO ACTIVE
INGREDIENTS IN
OS CAL® 500 +D[†]

OYSTER SHELL

Calcium
500 +D

Helps Build Bone Mass In Young Adults
And Helps Prevent Bone Loss In Later Years*

200 Tablets

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.*

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® 500 +D is a registered trademark of SmithKline Beecham, Pittsburgh, PA 15230

Supplement Facts

Serving Size: 2 Tablets
Servings Per Container: 100

Amount Per Serving	% DV
Vitamin D (as Cholecalciferol)	400 IU 100%
Calcium (from Oyster Shell)	1000 mg 100%
Percent Daily Value (DV).	

Other Ingredients: Croscarmellose Sodium, Cellulose, Stearic Acid, Titanium Dioxide, Magnesium Stearate, Artificial Colors Added (FD&C Blue #1, FD&C Yellow #5). Contains a shellfish ingredient (oyster).

* 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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