

## Compare To Active Ingredients In Os Cal® 500†

Regular exercise and a healthy diet with enough calcium helps teen and young adult white and Asian women maintain good bone health and may reduce their high risk of osteoporosis later in life. Adequate calcium intake is important, but daily intakes above about 2,000 mg are not likely to provide any additional benefit.\*

**DIRECTIONS:** As a dietary supplement, take two tablets daily with any meal, 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 is a registered trademark of GlaxoSmithKline, Pittsburgh, PA 15230



# Calcium 500

## Compare To Active Ingredients In Os Cal® 500†

400 Tablets

### Supplement Facts

Serving Size: 2 Tablets

Servings Per Container: 200

Amount Per Serving	% DV
--------------------	------

Calcium (from Oyster Shell)	1000 mg	100%
-----------------------------	---------	------

Percent Daily Value (DV).

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

\* 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.

21<sup>ST</sup> Century HealthCare, Inc.

2119 S. Wilson Street, Tempe, AZ 85282 USA

www.21stcenturyvitamins.com

