

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, Yeast, Preservatives, Artificial Flavors or Colors.

† Os Cal® 500 is a registered trademark of Glaxo Smith Kline, Pittsburgh, PA 15230



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21ST
CENTURY®



DIETARY SUPPLEMENT

OYSTER SHELL

Calcium 500

Compare To Active Ingredients In
Os Cal® 500†

90 ~~75~~ Tablets

Supplement Facts

Serving Size: 2 Tablets

Servings Per Container: 45

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.

21ST Century HealthCare, Inc.
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21ST Century® ... for a healthier future.

Calcium 500
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 2000 mg are not likely to provide any additional benefit.*

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