

**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 Glaxo Smith Kline, Pittsburgh, PA 15230

†† Compared to the original formula.



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21<sup>ST</sup>  
CENTURY®



DIETARY SUPPLEMENT

OYSTER SHELL

Calcium 500 +D

Extra Vitamin D<sup>††</sup>

Compare To Active Ingredients  
In Os Cal® 500 +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) 800 IU	200%
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 (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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21<sup>ST</sup> Century® ... for a healthier future.

Calcium 500 +D  
Oyster Shell

Regular exercise and a healthy diet with enough calcium helps teen and young adult Caucasian 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. **Now with extra Vitamin D.** Vitamin D is essential for use of calcium and necessary for healthy bones, teeth and cartilage.\*

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