

21ST CENTURY®



DIETARY SUPPLEMENT

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 one (1) caplet 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.

Now With
**DOUBLE
Vitamin D₃**

HIGH POTENCY

Calcium 1000 +D₃

Once Daily Calcium

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

90 Coated Caplets

Supplement Facts

Serving Size: 1 Caplet

Amount Per Serving	% DV
Vitamin D ₃ (as Cholecalciferol) 800 IU	200%
Calcium (as Calcium Carbonate) 1000 mg	100%
Percent Daily Value (DV).	

Other Ingredients: Croscarmellose Sodium, Cellulose, Titanium Dioxide, Polydextrose, Stearic Acid, Magnesium Stearate, PEG, Artificial Colors (FD&C Yellow #5, FD&C Yellow #6).

* 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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