

## Compare To Active Ingredients In Citracal® +D†

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 two (2) to four (4) caplets daily with meals 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, Artificial Flavors or Colors.

† Citracal®+D is a registered trademark of Mission Pharmacal Co., San Antonio, TX



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### DIETARY SUPPLEMENT

### COMPARE TO ACTIVE INGREDIENTS IN CITRACAL®†

### HIGHLY ABSORBABLE

# Calcium Citrate +D

## D3

100% Highly Absorbable Calcium Citrate  
Plus Vitamin D For Strong & Healthy Bones\*

## 400 Caplets

### Supplement Facts

Serving Size: 2 Caplets

Servings Per Container: 200

Amount Per Serving		% DV
Vitamin D <sub>3</sub> (as Cholecalciferol)	400 IU	100%
Calcium (as Calcium Citrate)	630 mg	63%

Percent Daily Value (DV).

Other Ingredients: Cellulose, Stearic Acid, Croscarmellose Sodium, Magnesium Silicate, Magnesium Stearate.

\* 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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