

Directions: Take two (2) to four (4) caplets daily with any meal for maximum daily results, or as directed by a health care 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 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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21ST
CENTURY®



DIETARY SUPPLEMENT

HIGHLY ABSORBABLE

Calcium Citrate +D

Compare To Active Ingredients
In Citracal® +D†



75 ~~60~~ Caplets

Supplement Facts

Serving Size: 2 Caplets
Servings Per Container: 37.5

Amount Per Serving	% DV
Vitamin D ₃ (as Cholecalciferol) 400 I.U.	100%
Calcium (from Calcium Citrate) 630 mg	63%

Percent Daily Value (DV) based on a 2,000 calorie diet.

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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21ST Century® ... for a healthier future.

Calcium Citrate +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 2000 mg are not likely to provide any additional benefit. Vitamin D is essential for use of calcium and necessary for healthy bones, teeth and cartilage.* 0605

