



be-BALANCED™

BONE STRENGTHENING CALCIUM
dietary supplement
for women

600 mg of bone-building calcium*
800 IU of vitamin D-3 to enhance
calcium absorption*
Maintains healthy teeth & bones*
Great-tasting nutrition



dulce de leche
natural & artificial flavor

60 SOFT CHEWS

CODE 668951

IKG

Directions: As a dietary supplement, chew one to two soft chews daily, preferably with a meal.

Supplement Facts

Serving Size One Soft Chew

Amount Per Serving		% Daily Value†
Calories	15	
Total Carbohydrate	3 g	2%
Sugar	2 g	*
Vitamin D (as Cholecalciferol D-3)	800 IU	200%
Vitamin K (as Phytonadione)	40 mcg	50%
Calcium (as Calcium Carbonate)	600 mg	60%
Iron	1 mg	6%
Sodium	5 mg	<1%

†Percent Daily Values are based on a 2,000 calorie diet.

*Daily Values not established.

Other Ingredients: Corn Syrup, Sugar, Non-Fat Dry Milk, Palm Oil, Natural Flavors, Caramel Color, Soy Lecithin.

CONTAINS: Milk and Soybeans.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

be-BALANCED™

BONE STRENGTHENING CALCIUM SOFT CHEW

Ready and stable?

Stand tall and be sturdier than ever...

Whether you are 25 or 55, strong bones are the foundation of a healthy and balanced body.* The nutrients important for strong bones help make you look and feel confident by supporting better posture and healthy teeth for a beautiful smile.*

be-BALANCED is a multi-tasking, bone strengthening supplement that can help you achieve your daily requirements for healthy bones.*

Calcium: is an essential nutrient needed to build and maintain strong, healthy bones and teeth.* The daily recommended requirement for women ranges between 1000 to 1500 mg. In order to meet your daily calcium requirement, you would need to drink at least three glasses of milk or eat five servings of other dairy products each day. If you are not meeting this need in your diet, supplements are a must.

Vitamin D-3: is an essential nutrient that enhances calcium absorption.* Enhanced absorption can maximize the body's ability to use calcium more effectively.* Vitamin D can be found in eggs, fortified dairy products or natural sunlight. The daily recommended range of vitamin D is 400 to 1000 IU per day. The average woman consumes less than 50% of the recommended amount per day, falling short of the healthy requirements.

Now with the help of **be-BALANCED**, building strong bones has never been so easy or delicious!

be-strong, be-confident, be-sturdy...
be-BALANCED!

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



For more information:

1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:

General Nutrition Corporation

Pittsburgh PA 15222