

Confirmed Release:

This product is formulated per official U.S. Pharmacopeia (USP) Standards to meet quality & potency requirements.

SPRING

VALLEY®

VITAMIN #1 BRAND

Natural  
Easy to Swallow

Calcium

600 mg  
with Vitamin D

BONE HEALTH\*\*

Dietary  
Supplement

100 COATED TABLETS

## Supplement Facts

Serving Size 2 Tablets  
Servings Per Container 50

| Amount Per Serving                             | % Daily Value |
|------------------------------------------------|---------------|
| Vitamin D (as cholecalciferol) 800 I.U.        | 200%          |
| Calcium (as calcium carbonate) 1.2 g (1200 mg) | 120%          |

**OTHER INGREDIENTS:** Corn Starch, Maltodextrin, Croscarmellose Sodium, Coating [hydroxypropyl methylcellulose, modified corn starch, polyethylene glycol, magnesium trisilicate, mica (color), titanium dioxide, dextrose, sodium carboxymethylcellulose, mineral oil, sodium citrate, polysorbate 80, dextrin, glycerin], Magnesium Stearate.

**CONTAINS SOY.**

Regular exercise and a healthy diet with enough Calcium help teen and young adult women, who are at high risk of osteoporosis later in life, maintain good bone health and may reduce their risk of osteoporosis (Caucasian and Asian women are particularly at risk for osteoporosis). Adequate Calcium intake is important, but daily intakes above 2,000 mg are not likely to provide any additional benefit.

Vitamin D improves the absorption of calcium.

No Gluten. No Added Preservatives. No Artificial Flavors

**Suggested Use:** As a dietary supplement, take two (2) tablets daily with a meal or for best results, take one (1) tablet twice daily with a meal.

**Keep out of reach of children.**

Store in a dry place at room temperature (59°-86°F) with lid tightly closed.

For your protection, do not use if imprinted seal under cap is broken or missing.

**MANUFACTURED BY:** Schiff Nutrition Group, Inc., Salt Lake City, UT 84104 USA • 1-800-439-0642



✓ Produced under strict quality guidelines.

✓ Verified by an independent, ISO 9001:2000 certified laboratory.

UNCONDITIONALLY GUARANTEED BY  
REFUND OR REPLACEMENT

**\*\*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.**

LOT:  
EXP: