

**Rugby®**COMPARE TO  
VITAMIN/MINERAL IN **OS-CAL® 500+D\*****Oysco®  
500+D****CALCIUM SUPPLEMENT  
WITH VITAMIN D****Helps maintain strong bones****1000  
TABLETS****TAMPER RESISTANT – DO NOT USE IF IMPRINTED SAFETY SEAL  
UNDER CAP IS BROKEN OR MISSING****DIRECTIONS:** Take one tablet twice a day, preferably with a meal.

## Supplement Facts

Serving Size 1 Tablet

| Amount per tablet            | % Daily Value<br>for pregnant or<br>lactating women | % Daily Value<br>for adults |
|------------------------------|-----------------------------------------------------|-----------------------------|
| Vitamin D3 (cholecalciferol) | 200 IU                                              | 50%                         |
| Calcium (as oyster shell)    | 500 mg                                              | 50%                         |

**Other Ingredients:** Maltodextrin, microcrystalline cellulose, croscarmellose sodium, hypromellose, modified corn starch, magnesium stearate, titanium dioxide, stearic acid, FD&C yellow #5, FD&C blue #1, butylated hydroxytoluene, butylated hydroxyanisole, coconut oil, triacetin, propylene glycol, polyethylene glycol.

Adequate calcium and vitamin D throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis.

### KEEP OUT OF REACH OF CHILDREN

Store at room temperature.

To preserve quality and freshness, keep bottle tightly closed.

\*Rugby Laboratories, Inc. is not affiliated with the owner of the trademark Os-Cal® 500+D. Oysco® 500+D is distributed by Rugby Laboratories, Inc.

**Control No.:****Exp. Date:****Questions or comments?**

Call 1-800-645-2158, weekdays 9 am-5 pm ET

[www.rugbylaboratories.com](http://www.rugbylaboratories.com)**Rugby®****DULUTH, GEORGIA 30097**