

swanson.com
or call 1-800-437-4148

- Fortified with vitamin D to help improve calcium absorption
- Helps build and support strong bones
- Supports muscle health

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take two tablets two times per day with water.

WARNING: For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication or have a medical condition. Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place.

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.



Calcium Citrate & Vitamin D

Strong, Healthy Bones
PLUS 200 IU VITAMIN D

DIETARY SUPPLEMENT | 250 TABLETS

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 125

Amount Per Serving	% Daily Value	
Vitamin D	10 mcg	50%
(as cholecalciferol)		
Calcium	630 mg	48%
(from calcium citrate)		

Other ingredients: Hydroxypropyl methylcellulose, croscarmellose sodium, stearic acid, triacetin, titanium dioxide, magnesium silicate, microcrystalline cellulose (plant fiber), magnesium stearate, hydroxypropyl cellulose, modified food starch, silica, medium-chain triglycerides oil (coconut), carnauba wax, sucrose, sodium ascorbate, tocopherol. Contains tree nuts (coconut).

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