

Compare  
Active Ingredients to  
**OS-CAL<sup>®</sup>**  
**EXTRA D<sub>3</sub><sup>†</sup>**

**21<sup>ST</sup>**  
**CENTURY<sup>®</sup>**

**CALCIUM SUPPLEMENT**

# Calcium

**500 + D<sub>3</sub>** **PLUS  
EXTRA D<sub>3</sub>**

**200**  
TABLETS

- Support for Bone Health\*
- Easy to Swallow

**500 mg**  
Calcium  
**600 IU**  
Vitamin D<sub>3</sub>

## Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	% DV
Vitamin D <sub>3</sub> (as Cholecalciferol) 600 IU	150%
Calcium (from Oyster Shell) 500 mg	50%

Percent Daily Value (DV).

Other Ingredients: Croscarmellose Sodium, Cellulose, Polyvinyl Alcohol, Titanium Dioxide, Stearic Acid, PEG, Talc, Magnesium Stearate. **Contains a shellfish ingredient (oyster shell).**

**\*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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**21<sup>ST</sup> Century HealthCare, Inc.**  
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Calcium is an important mineral for supporting bone health.\* Calcium also works to support muscle and nerve function.\* Vitamin D<sub>3</sub> is added to assist with Calcium absorption and as support for immune function.\* Adequate Calcium and Vitamin D<sub>3</sub> as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life.

**Directions:** As a calcium supplement, take one (1) tablet twice daily with any meal or as directed by your healthcare provider. Do not exceed recommended dosage. Individual results may vary.

**Warning:** Consult a healthcare provider prior to use if: pregnant, nursing, on medications, have a medical condition or are planning a medical procedure. Stop use and contact a physician if adverse reactions occur.

**Keep out of reach of children.** Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

No added Sugar, Yeast, Preservatives or Artificial Flavors.

<sup>†</sup>Os-Cal<sup>®</sup> is a registered trademark of GlaxoSmithKline, Pittsburgh, PA 15230



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