

Adequate calcium and Vitamin D as part of a healthful diet, along with exercise, may reduce the risk of osteoporosis later in life. Vitamin D assists in the absorption of calcium.*** This chewable wafer has a delicious natural orange flavor.

***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.

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG
YES CERTIFIED VEGETARIAN BY THE AVA
YES RECYCLABLE PACKAGING
YES MANUFACTURING SUPPORTS WIND POWER
YES KOSHER-PARVE

NO YEAST, WHEAT OR SOY
NO MILK, SALT OR PRESERVATIVES
NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
NO MAGNESIUM STEARATE
NO GMOs

ΔPer serving

This product has been manufactured at a GMP Registered facility.

Lot No:

Best by:



Dietary Supplement **120** Chewable Wafers

— Our PLEDGE of INTEGRITY —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

Manufactured by Country Life, LLC
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)
CountryLifeVitamins.com
Product No. 2974

ESTABLISHED
— 1971 —
**Country
Life**

• CHEWABLE •
CALCIUM CITRATE

with Vitamin D₃

1,000 mg : 10 mcg (400 I.U.)^Δ

Certified Gluten-Free

- Formulated to maximize calcium absorption***
- Supports body availability of calcium***

ORANGE
FLAVOR

Directions: Adults chew four (4) wafers daily with food. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 4 wafers
Servings Per Container 30

Amount Per Serving	% Daily Value	
Calories	25	
Total Carbohydrate	7 g	3%*
Total Sugars	7 g	**
Includes 7 g Added Sugars	7 g	14%*
Vitamin D (D ₃) (as cholecalciferol)	10 mcg (400 I.U.)	50%
Calcium (as calcium citrate)	1,000 mg	77%

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

** Daily Value not established.

Other Ingredients: Fructose, mannitol, stearic acid (from a sustainable palm source), starch, natural mandarin orange flavor, citric acid, silica, monk fruit extract.

CAUTION: If you are pregnant, nursing, or taking medication, have a medical condition or planning surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur.

Do not accept if seal is broken. Store in a dry place between 59°-86° F. Keep out of the reach of children.