

Calcium is an essential mineral needed every day for proper health.* 99% of the body's calcium can be found in the bones and teeth. This mineral provides the building blocks that help keep bones and teeth strong and healthy.* In addition, calcium helps to support the health of other systems in the body, including musculoskeletal and nervous systems.* This formulation contains Vitamin D3 to promote calcium absorption.*

Adequate Calcium and Vitamin D as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life.

Carefully Manufactured by:
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CALCIUM CITRATE WITH VITAMIN D 3

PROMOTES HEALTHY BONES*



Non-GMO
GLUTEN, WHEAT & DAIRY FREE



60 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 4 Tablets
Servings Per Container: 15

Amount Per Serving		%DV
Vitamin D3	15 mcg (600 IU)	75%
(as cholecalciferol)		
Calcium	1000 mg	77%
(as calcium citrate)		

DV=Daily Value

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Vegetable Magnesium Stearate, Titanium Dioxide (color), Vegetable Glycerin.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Artificial Flavor, and Sweetener.

SUGGESTED USE: As a dietary supplement for adults, take four (4) tablets daily with a meal. May be distributed throughout the day, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Solgar's KOF-K certification #K-1250

*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.

