

Compare
Active Ingredients to
OS-CAL®
EXTRA D₃†

**21ST
CENTURY®**

CALCIUM SUPPLEMENT

Calcium

500 + D₃ **PLUS
EXTRA D₃**

90
TABLETS

- **Support for Bone Health***
- **Easy to Swallow**

**500 mg
Calcium
600 IU
Vitamin D₃**

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving		% DV
Vitamin D ₃ (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.**

PROUDLY MANUFACTURED BY
21ST 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 D₃ is added to assist with Calcium absorption and as support for immune function.* Adequate Calcium and Vitamin D₃ 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.

†Os-Cal® is a registered trademark of GlaxoSmithKline, Pittsburgh, PA 15220

