

Regular exercise and a healthy diet with enough calcium helps all women approximately 11 to 35 years of age maintain good bone health and may reduce their high risk of osteoporosis later in life. For persons with a family history of osteoporosis, menopausal women, or elderly men and women, adequate calcium intake is linked to reduced risk of osteoporosis through the mechanism of slowing the rate of bone loss. Adequate calcium intake is important but daily intakes above 2000 mg are not likely to provide any additional benefits.

TAMPER EVIDENT: Do not use this product if imprinted foil seal under cap is broken or missing. Mfg. in an FDA Registered Facility using Good Manufacturing Practices (GMPs) Keep tightly closed.

Store at room temperature: 59°-86°F (15° to 30°C).
KEEP OUT OF REACH OF CHILDREN.
Fill level controlled by weight not volume.

dc®

Gluten Free #768



CALCIUM LACTATE POWDER

“Calcium Builds Strong Bones”

Dietary Supplement

Net Wt 8 oz (227 g)

Fight OSTEOPOROSIS

Supplement Facts

Serving Size 1 Level Teaspoon

Servings Per Container 86

Amount Per Serving		% DV
Elemental Calcium	366 mg	36.6%
(from 2850 mg calcium lactate)		

DIRECTIONS: As a dietary supplement, take 1 level teaspoon three times daily with meals, mixed with juice or other liquids.

Each 3 level teaspoons contain:		% DV
Elemental Calcium	1098 mg	107%

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Made in USA

Rev. #02