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 GECOLORG VES CERTIFIED VEGETARIAN BY THE AVA

VES RECYCLARLE PACKAGING

YES MANUFACTURING SUPPORTS WIND POWER

YES KOSHER-PARVE

NO YEAST, WHEAT OR SOY

NO MILK. SALT OR PRESERVATIVES NO ARTIFICIAL COLORS, FLAVORS

NO GMOs

ΔPer serving

This product has been manufactured at a GMP Registered facility.

Lot No:

Best by:







- OR SWEETENERS
- NO MAGNESIUM STEARATE

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







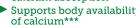
VALUE SIZE

• CHEWABLE •

## **CALCIUM CITRATE**

with Vitamin D<sub>3</sub>  $1,000 \text{ mg}: 10 \text{ mcg} (400 \text{ I.U.})^{\triangle}$ 

## Certified Gluten-Free





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 <sub>3</sub> ) (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	anderio diet		

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.

Dietary 120 Chewable — Our PLEDGE of INTEGRITY — Supplement 120 Wafers — Our PLEDGE of INTEGRITY — CONSISTENCY - ACCURACY

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