

equate®

Calcium Citrate+D

Calcium Supplement

Maximum Tablet Dose

Absorbed With or Without Food

Contains 10 Calcium Citrate+D Tablets

Keep out of reach of children

200 TABLETS

200 TABLETS

Supplement Facts

Serving Size 2 Tablets

Servings Per Container 100

Amount Per Serving

Vitamin D₃ 500 IU

% Daily Value

Calcium 630 mg

125%

Ingredients: Calcium Citrate, Titanium Dioxide, Magnesium Stearate, Hydroxypropyl Methylcellulose, Croscarmellose Sodium, Copovidone, Polyethylene Glycol, Cholecalciferol, Polyvinyl Alcohol, Talc.

Suggested Use: Adults – One or two tablets two times daily, preferably with a food, as a dietary supplement.

Two tablets provide: 630 mg of Calcium or 63% of the Daily Value (DV) for adults and children 4 or more years of age and 500 IU or 125% of Vitamin D₃.

Four tablets provide: 1,260 mg of Calcium or 126% of the Daily Value (DV) for adults and children 4 or more years of age and 1000 IU or 250% of Vitamin D₃.

Keep out of the reach of children.

Store at 15°- 30°C (59°- 86°F).

Safety-sealed. Do not use if printed seal under cap is cut, torn or missing.

	Per Serving	% Daily Value
Vitamin D ₃	500 IU	125%
Calcium	630 mg	63%

Other Ingredients: Magnesium Stearate, Croscarmellose Sodium, Cholecalciferol.

Two times daily.

or 63% of the Daily Value for adults and children 4 or more years of age and

or 126% of the Daily Value for adults and children 4 or more years of age and

Warning: Pregnant or nursing women, individuals taking medication(s) or persons who have a health condition should consult their physician before using this product.

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

Vitamin D enhances the absorption of calcium.†

†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.

**NO ARTIFICIAL DYES OR FLAVORS • NO SUGAR
NO GLUTEN • NO PRESERVATIVES • NO STARCH
NO WHEAT • NO LACTOSE • NO TRANS FAT**

Substitution guaranteed - For questions or comments, please call 1-800-921-0970.

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