

Fight OSTEOPOROSIS

Adequate calcium intake is important to help reduce the risk of osteoporosis. Daily calcium intake provides an additional benefit. For women with a family history of osteoporosis, menopausal women, underweight women, women whose calcium intake is below the recommended level, and women who are taking oral contraceptives, calcium supplements may be beneficial. Regular exercise and a healthy diet are also important. For all women, approximately 1 1/2 to 2 1/2 years of appropriate calcium intake may reduce the risk of osteoporosis later in life.

FASTER EFFECT: Do not use this product if pregnant or lactating.

800-333-FOSTER (FOSTER) is a FDA-registered facility, using Good Manufacturing Practices (GMPs).

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Store at room temperature (20°-25°C) (68°-77°F).

Keep out of reach of children.

Contains 180 CAPSULES for weight. Shows 180 CAPSULES.

Distributed by Foster-McClellan, Inc.

FOSTER (REG.)

The Best Choice.®

CALCIUM MAGNESIUM

with

D-3 and BORON

"Calcium Builds Strong Bones"

Dietary Supplement

Gluten Free

180 CAPSULES

Supplement Facts

Amount of Calcium Available for Absorption	
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Amount Per Serving	1,000
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Calcium	1,000 mg 100%
(as calcium carbonate)	
Magnesium	100 mg 100%
(as magnesium citrate)	
Vitamin D-3 (as cholecalciferol)	200 IU 100%
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Boron (as mineral borate)	1.00 mg

* Daily values are not established.

Other ingredients: Vegetable cellulose, gelatin, crop stabilizer, magnesium stearate.

DIRECTIONS: Use as dietary supplement. Take 1 capsule twice daily, preferably with meals.

800-333-FOSTER (FOSTER)

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Made in USA

