

swanson.com
or call 1-800-437-4148

- Fortified with vitamin D to help improve calcium absorption
- Helps build and support strong bones
- Supports muscle health

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take two tablets two times per day with water.

WARNING: For adults only. Consult your healthcare provider before using this or any product if you are pregnant or nursing, taking medication or have a medical condition.

Keep out of reach of children. Do not use if seal is broken. Store in a cool, dry place.

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.



Calcium Citrate & Vitamin D

Strong, Healthy Bones

PLUS 250 IU VITAMIN D

DIETARY SUPPLEMENT | 250 TABLETS

Supplement Facts

Serving Size 2 Tablets

Servings Per Container 125

Amount Per Serving		% Daily Value
Vitamin D	12.5 mcg (as cholecalciferol)	31%
Calcium	630 mg (from calcium citrate)	48%

Other ingredients: Croscarmellose sodium, magnesium stearate, titanium dioxide, hypromellose, polyvinyl alcohol, polyethylene glycol, polydextrose, magnesium silicate.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS
 Fargo, ND 58104 USA • 1-800-437-4148
MADE IN CHINA

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