

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^o-86^oF (15^o to 30^oC).

KEEP OUT OF REACH OF CHILDREN.

Fill level controlled by weight not volume.

dc[®]

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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 90

Amount Per Serving		% DV
Elemental Calcium	343 mg	34.3%
	(from 2504 mg calcium lactate)	

Each 3 level teaspoons contain: % DV
Elemental Calcium 1029 mg 103%

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

Dist. by: **Dee Cee Laboratories, Inc.** [®]
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