

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.

FDA Registered Facility (Registration #1023013)
Mfg. under Good Manufacturing Practices (GMPs)
Keep tightly closed.

Store at room temperature: 59°-86°F (15° -30°C).

KEEP OUT OF REACH OF CHILDREN.

CAUTION: Do not take this product if you are allergic to shell fish.

Conforms to USP <2091> for weight. Meets USP<2040>disintegration for maximum bioavailability.

dc®

#196



OYSTER SHELL CALCIUM w/D

"Calcium Builds Strong Bones"

Dietary Supplement

60 TABLETS

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% DV
Vitamin D-3 400 IU ..	100%
(as cholecalciferol)	
Calcium 500 mg	50%
(from oyster calcium)	

Other ingredients: Cellulose, vegetable stearic acid, silica, vegetable magnesium stearate.

DIRECTIONS: As a dietary supplement, take 1 tablet twice daily.

Mfg. by: **Dee Cee Laboratories**®, Inc.
White House, TN 37188