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Calcium promotes healthy, strong bones and is helpful in muscle contractions and nerve impulses.[†] The addition of D3 assists with the absorption of Calcium while also supporting a healthy immune system.[†]

100% QUALITY GUARANTEE

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. If any adverse reactions occur, immediately stop using this product and consult your doctor. If seal under cap is damaged or missing, do not use. Keep out of reach of children. 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.

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NATURE'S TRUTH®

VITAMINS

ABSORBABLE
CALCIUM
1200 mg **plus**
D₃ 5000 IU
PER SERVING

100
120 QUICK RELEASE
DIETARY SUPPLEMENT
SOFTGELS

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DIRECTIONS: For adults, take two (2) quick release softgels daily, preferably a meal.

Supplement Facts

Serving Size 2 Softgels
Servings Per Container 60

Amount Per Serving	% Daily Value	
Calories	15	
Calories from Fat	15	
Total Fat	1.5 g	2%*
Vitamin D3 (as cholecalciferol)	5,000 IU	1,250%
Calcium (as calcium carbonate)	1,200 mg	120%

*Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Soybean Oil, Gelatin, Vegetable Glycerin, Soy Lecithin, Titanium Dioxide Color.

^{††}Adequate calcium and vitamin D as part of a healthful diet, along with physical activity, may reduce the risk of Osteoporosis in later life.

• PROMOTES BONE HEALTH[†]
• MAY REDUCE THE RISK OF OSTEOPOROSIS^{††}