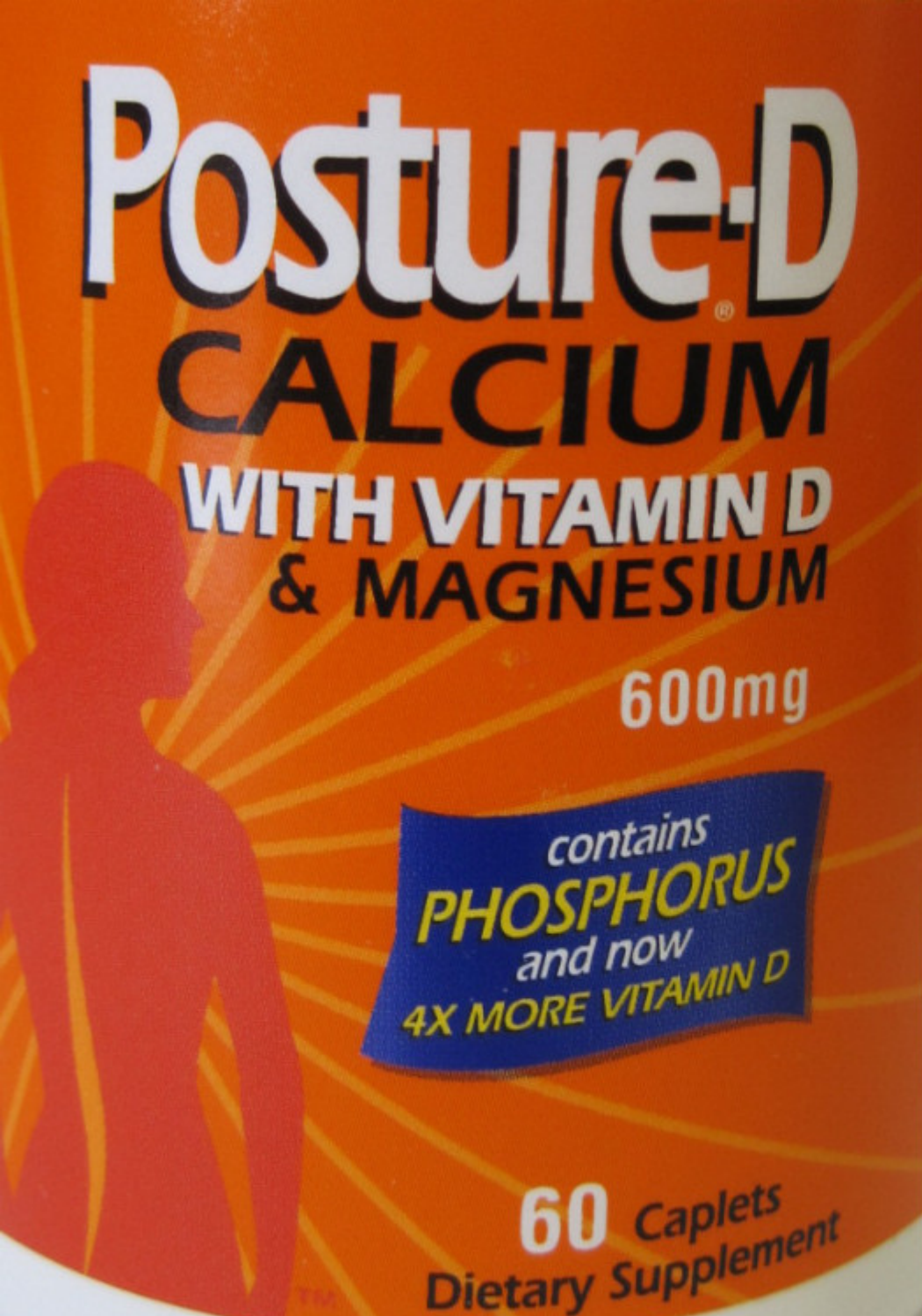




Posture-D[®]
CALCIUM
WITH VITAMIN D
& MAGNESIUM

600mg

contains
PHOSPHORUS
 and now
4X MORE VITAMIN D

60 Caplets
 Dietary Supplement

TAMPER EVIDENT FEATURE
 If seal under bottle cap is broken or missing, do not use.

Supplement Facts
 Serving Size 1 Caplet

Amount Per Serving	% Daily Value
Sodium 5 mg	< 1% **
Vitamin D 500 IU	125%
Calcium 600 mg	60%
Phosphorus 280 mg	28%
Magnesium 50 mg	13%

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

Ingredients: Tricalcium Phosphate, Magnesium Oxide, Microcrystalline Cellulose, Croscarmellose Sodium. Contains 2% or less of carnauba wax, cholecalciferol, *d*-alpha tocopherol, hydroxypropyl methylcellulose, magnesium stearate, medium chain triglycerides, methylcellulose, polyethylene glycol, povidone, silicon dioxide, sodium ascorbate, sodium lauryl sulfate, starch, sucrose, titanium dioxide.

International Vitamin Corporation
 500 Halls Mill Road
 Freehold, NJ 07728
 © International Vitamin Corporation.
 All Rights Reserved.
 www.ivcinc.com

Directions: Adults - Take one to two caplets daily with food as a dietary supplement, or as recommended by a physician. Can be taken with your Multivitamins.

Keep out of reach of children.
 Store at 15° - 30°C (59° - 86°F).

Warning: Pregnant or nursing women and individuals taking any medication, or who have underlying health conditions should consult their physician before using this product.

Questions? Comments?
 Call 1-888-698-5032 weekdays
 8:30 a.m. - 5:00 p.m. (Eastern Time)

FRESHNESS AND POTENCY GUARANTEED THROUGH:
 EXP 05/21 30000A



Posture-D[®]
CALCIUM
WITH VITAMIN D
& MAGNESIUM

600mg

contains
PHOSPHORUS
 and now
4X MORE VITAMIN D

60 Caplets
 Easier-to-Swallow
 Dietary Supplement

Posture-D[®]
CALCIUM
WITH VITAMIN D
& MAGNESIUM

Why is Phosphorus Important? According to recent studies, consuming calcium with phosphorus is more effective at building strong bones than consuming calcium alone.* If you are among the 50 MILLION American women who don't obtain the daily RDI for phosphorus from a balanced source in their normal diet...

Take **Posture-D**, the only leading calcium supplement that delivers the ratio of calcium to phosphorus found in healthy bones.*

*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.

Are You Getting All The Calcium, Phosphorus And Extra Vitamin D You Need?

Supplement Facts
 Serving Size 1 Caplet

Amount Per Serving	% Daily Value
Sodium 5 mg	< 1% **
Vitamin D 500 IU	125%
Calcium 600 mg	60%
Phosphorus 280 mg	28%
Magnesium 50 mg	13%

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

Ingredients: Tricalcium Phosphate, Magnesium Oxide, Microcrystalline Cellulose, Croscarmellose Sodium. Contains 2% or less of carnauba wax, cholecalciferol, *d*-alpha tocopherol, hydroxypropyl methylcellulose, magnesium stearate, medium chain triglycerides, methylcellulose, polyethylene glycol, povidone, silicon dioxide, sodium ascorbate, sodium lauryl sulfate, starch, sucrose, titanium dioxide.

International Vitamin Corporation, 500 Halls Mill Road, Freehold, NJ 07728
 © International Vitamin Corporation. All Rights Reserved.
 www.ivcinc.com

Directions: Adults - Take one to two caplets daily with food as a dietary supplement, or as recommended by a physician. Can be taken with your Multivitamins.

Keep out of reach of children.
 Store at 15° - 30°C (59° - 86°F).

Warning: Pregnant or nursing women and individuals taking any medication, or who have underlying health conditions should consult their physician before using this product.

Questions? Comments? Call 1-888-698-5032
 weekdays 8:30 a.m. - 5:00 p.m. (Eastern Time)

202498-02/518179/74020-60

Posture-D[®]
CALCIUM
WITH VITAMIN D
& MAGNESIUM

Why has Vitamin D been increased to 500 IU per caplet?

Vitamin D is extremely important in helping your body absorb calcium. Recent studies have shown that Vitamin D has other important benefits such as maintaining breast, colon and cardiovascular health.* Many of us don't get enough sun exposure or eat foods sufficiently rich in Vitamin D, so now two caplets of Posture-D provides 1000 IU of Vitamin D.