



- Calcium Carbonate 600 mg.
- Vitamin D3 400 IU
- USP Verified

Kirkland Signature Calcium 600 mg + D<sub>3</sub> helps supports strong bones. The addition of vitamin D helps your body to absorb calcium better.\*

- May reduce the risk of osteoporosis.<sup>†</sup>
- Vitamin D helps improve calcium absorption.<sup>†</sup>
- Calcium supports the growth of strong bones and teeth.<sup>†</sup>

Recommended Daily Allowances (RDA) for calcium were established by the Institute of Medicine (IOM) based on age and gender. Men between 19-70 years old require 1,000 mg calcium daily, whereas men over 71 years need 1,200 mg per day.

Women between the ages of 19-50 years old need 1,000 mg calcium per day and those over 50 years old need 1,200 mg per day.<sup>†</sup> The Tolerable Upper Intake Level (UL) of calcium for men and women older than 18 years of age is 2,500 mg per day.<sup>†</sup>

<sup>†</sup> 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.

Our formulation has not changed but the label may look different now. New FDA regulations are bringing changes to the Supplement Facts panel, including updated daily values, changes to units of measure and more. To help you understand the changes we have provided both the old and new Supplement Facts panel for your comparison below.

## NEW

Supplement Facts	
Serving Size 1 Tablet	
Each Tablet Contains	% Daily Value
Vitamin D <sub>3</sub> 10 mcg (400 IU)	50%
Calcium 600 mg	46%



**Suggested Use:** Take one tablet two times daily, preferably with a meal.

**Ingredients:** Calcium Carbonate, Cellulose Gel, Maltodextrin, Croscarmellose Sodium, Magnesium Stearate, Titanium Dioxide (artificial color), Polyethylene Glycol, Triethyl Citrate, Polysorbate 80, Corn Starch, Gelatin, Yellow 6 Lake, Vitamin D3 (Cholecalciferol).

## OLD

Supplement Facts	
Serving Size 1 Tablet	
Each Tablet Contains	% Daily Value
Vitamin D3 400 I.U.	100%
Calcium 600 mg	60%

No Artificial Flavors. No Preservatives. No Yeast. No Gluten.

**CAUTION:** If you are pregnant, nursing, or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

Keep out of the reach of children.  
Store at room temperature, tightly closed.  
Avoid excessive heat.

Vitamin Infoline 1-800-428-7782

This item is verified by the United States Pharmacopoeia (USP) which is an independent, scientific, non-profit organization that sets strict quality and purity standards for dietary supplements manufactured and distributed worldwide. The USP's drug standards are enforceable in the United States by the Food and Drug Administration.



Since 1995, the Kirkland Signature brand has been providing high quality supplements at a great member value. Kirkland Signature vitamins, minerals, and supplements are made from carefully selected ingredients from trusted suppliers. The supplements are manufactured in accordance with the Good Manufacturing Practice standards. Additionally, many of the items are verified by the United States Pharmacopoeia (USP) which is an independent, scientific, non-profit organization that sets strict quality and purity standards for dietary supplements.