DIRECTIONS: Take 1-2 tablets daily, after or between meals, or as directed by a health care professional.

Vitamin D is vital to the absorption of calcium.* Calcium is essential to the strengthening and maintenance of your bones and teeth." A healthful diet with calcium is essential in achieving peak bone mass and maintaining bone health during adulthood.*

- Do not use if seal is broken or missing
- Keep out of reach of children
- Protect from heat, light, and moisture
- Store in a cool, dry place 15-30°C (59-86°F)
- * 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.

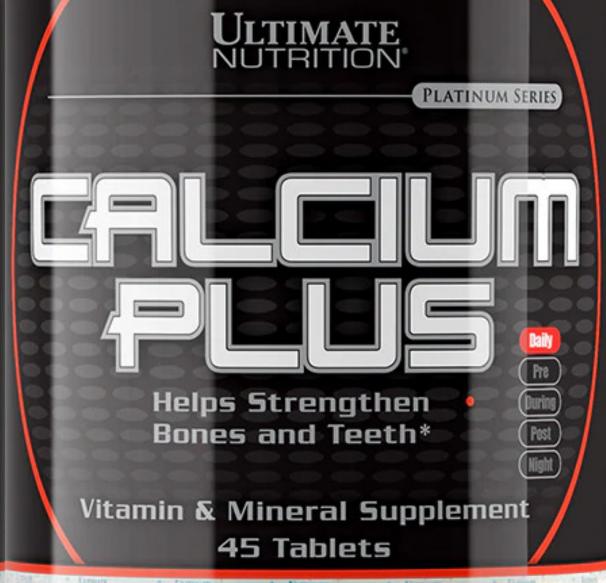








DISTRIBUTED BY ULTIMATE NUTRITION, NO. P.O. BOX 643, FARMINGTON, CT 06034 USA WWW.ULTIMATENUTRITION.COM



Supplement Facts

Serving Size: 1 Tablet Servings per container: 45

Amount per serving		%Daily Value*		
Vitamin D (as cholecalciferol) 20	0	IU	50%	
Calcium (as carbonate) 500 mg	J		50%	
Magnesium (as oxide) 250 m	g		63%	
Zinc (as oxide) 10 mg			67%	

* Daily Value based on a 2000 calorie diet

OTHER INGREDIENTS: Stearic Acid, Crosscarmellose Sodium, Magnesium Stearate, Hydroxypropyl Methylcellulose, Polyethylene Glycol, Titanium Dioxide (color), Talc.