

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.

Mfg. in an FDA Registered Facility using 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 or if you are pregnant or nursing.

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

**dc**®

#196

Gluten Free



# 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.....10 mcg (400 IU).....	50%
(as cholecalciferol)	
Calcium .....	500 mg.....39%
(from oyster shell calcium)	

Other ingredients: Vegetable cellulose, vegetable stearic acid, silica, vegetable magnesium stearate.

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

Manufactured by: **Dee Cee Laboratories, Inc.** ©  
304 Dee Cee Rd., White House, TN 37188

**Made in USA**

Rev.04DV