

**Calcium is the primary mineral responsible for strong bones and may reduce the risk of osteoporosis.\*\* Vitamin D3 assists in Calcium absorption and also promotes immune system health, breast health and colon health.\***

**\*\*Regular exercise and a healthy diet with enough calcium helps maintain good bone health and may reduce the risk of osteoporosis later in life.**

Nutrition Questions or Comments?  
Call NutraPhone® 1-800-433-2990  
Mon. - Fri. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards™ program, visit  
[www.NaturesBounty.com](http://www.NaturesBounty.com)

\*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.



Prod. No. 7680 B7681 08H

**NATURE'S BOUNTY®**

**ABSORBABLE**  
**Calcium**  
**Plus Vitamin D3**

**Promotes  
Bone Health\***

**May Reduce the Risk  
of Osteoporosis\*\***

**RAPID RELEASE  
LIQUID SOFTGEL**



**100 softgels**

**MINERAL SUPPLEMENT**

**DIRECTIONS:** For adults, take three (3) softgels one to two times daily, preferably with meals.

**Supplement Facts**

Serving Size 3 Softgels  
Servings Per Container 33

| Amount Per Serving               | %Daily Value |     |
|----------------------------------|--------------|-----|
| Vitamin A (as Retinyl Palmitate) | 825 IU       | 17% |
| Vitamin D3 (as Cholecalciferol)  | 180 IU       | 45% |
| Calcium (as Calcium Carbonate)   | 600 mg       | 60% |

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

**WARNING:** 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 reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

**No Artificial Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.**

Carefully Manufactured by  
**NATURE'S BOUNTY, INC.**  
Bohemia, NY 11716 U.S.A.  
© 2010 Nature's Bounty, Inc.

