

Calcium is the primary mineral responsible for strong bones.* The body also uses Calcium for proper muscle contraction, nerve function and heart function.* Some scientific studies indicate that calcium may support healthy cell growth in the colon.* Vitamin D assists in Calcium absorption and maintaining a healthy immune system.* Because the body cannot produce Calcium, a balanced diet, regular exercise, healthy lifestyle choices and adequate intake of Calcium and Vitamin D can play a role in maintaining optimal bone health.*

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.

**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

*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. 6272 B6270 12F

NATURE'S BOUNTY®

ABSORBABLE

Calcium With Vitamin D3

**Promotes
Bone Health***

**RAPID RELEASE
LIQUID SOFTGEL**



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

100 softgels

MINERAL SUPPLEMENT

DIRECTIONS: For adults, take two (2) softgels daily, preferably with a meal.

Supplement Facts

Serving Size 2 Softgels
Servings Per Container 50

Amount Per Serving	%Daily Value	
Calories	15	
Calories from Fat	10	
Total Fat	1 g	2%***
Polyunsaturated Fat	0.5 g	****
Monounsaturated Fat	0 g	****
Vitamin D (as Cholecalciferol)	100 IU	25%
Calcium (as Calcium Carbonate)	1,000 mg (1 g)	100%

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

****Daily Value not established

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.

Carefully Manufactured by
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Bohemia, NY 11716 U.S.A.
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