



- Bone health*
- Supports immune health*
- May reduce the risk of osteoporosis**

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**Adequate calcium and vitamin D as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life. Individuals who get enough calcium and vitamin D throughout life may reduce the risk of osteoporosis through the mechanism of optimizing peak bone mass during adolescence and early adulthood.

As a dietary supplement, take one (1) caplet daily with the meal of your choice. Store at room temperature, tightly closed.

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Ingredients

Croscarmellose , Cellulose , Cellulose Coating , Titanium Dioxide Color , Vegetable Magnesium Stearate , FD&C Yellow 5 Aluminum Lake (CI 19140) , FD&C Blue #1 Lake

Nutrition Facts	
Serving Size : 1 Caplet	
Amount Per Serving	% Daily value*
Vitamin D 200 IU	50
Calcium 500 mg	50