

Calcium is essential for building strong bones and teeth, and many people fall short of meeting the daily requirement for calcium. Over time, calcium deficiency results in weakened bone structure, increasing the risk of fractures and compromising bone health. Most people consume between 400 and 800 milligrams of calcium per day from their diet. Supplementing with one serving of **Calcium Citrate with Vitamin D3** helps meet the RDA for this essential nutrient. When it comes to calcium sources, calcium citrate is the preferred form of calcium because it's easy on the digestive tract and well tolerated by most individuals.[†]

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-0006

[†]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.

CALCIUM CITRATE

With Vitamin D3

Helps Maintain Bone Density and Strength[†]

Dietary Supplement

60 VEGETARIAN TABLETS



Supplement Facts

Serving Size 2 Tablets

Servings Per Container 30

Amount Per Serving	% Daily Value	
Vitamin D3 (as cholecalciferol)	400 IU	100%
Calcium (from calcium citrate)	630 mg	63%

Other Ingredients: Cellulose, modified cellulose gum, magnesium stearate (vegetarian source), glycerin, magnesium silicate.

SUGGESTED USE: Take two tablets one to two times daily, preferably with food.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish.

KEEP OUT OF REACH OF CHILDREN.

685-60K

