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equaline®

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Os-Cal® 500 + D†

oyster shell
calcium + D
500 mg calcium
400 I.U. vitamin D
dietary supplement

new
formula

160 tablets



USP has tested and verified ingredients, potency, and manufacturing process. USP sets official standards for dietary supplements. See www.uspverified.org

Supplement Facts

Serving Size 1 Tablet

Each Tablet Contains	% DV
Vitamin D 400 I.U. (10 mcg)	100%
Calcium 500 mg	50%

INGREDIENTS: Oyster Shell (Calcium Carbonate), Cellulose, Maltodextrin, Acacia, Croscarmellose Sodium, Polyvinyl Alcohol, Titanium Dioxide, Polyethylene Glycol, Talc, Magnesium Stearate, Gelatin, Corn Starch, Cholecalciferol.

Distributed by Albertsons, Inc., Boise, Idaho 83726

Suggested use: Take one tablet two to three times daily with a full glass of water, preferably after a meal.

Two tablets provide: 1000 mg Calcium, 100% of the Daily Value for adults and children 4 or more years of age and 200% of Vitamin D.

Three tablets provide: 1500 mg Calcium, 115% of the Daily Value for pregnant and lactating women and 300% of Vitamin D.

Vitamin D assists in the absorption of calcium. Regular exercise and a healthful diet with adequate calcium are essential in achieving peak bone mass in

teenagers and young adults and maintaining bone health during adulthood.

Individuals who do not store enough calcium throughout their lives have an increased risk for developing osteoporosis.

While adequate calcium intake is important, daily intakes above 2000 mg are not likely to provide any additional benefit.

Keep out of the reach of children.

Keep in a cool dry place, tightly closed.

Calcium with Vitamin D Tablets USP.

†Os-Cal® is a registered trademark of Aventis Holdings, Inc., Greenville, DE 19807. This product is not manufactured by GlaxoSmithKline Consumer Healthcare, L.P., Pittsburgh, PA 15230, distributor of Os-Cal®.

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