500 with D

500 mg Calcium with Vitamin D

DIETARY SUPPLEMENT

FOR STRONG BONES

75 TABLETS

Made to U.S. Pharmacopeia (USP) quality, purity and potency standards. Laboratory tested to dissolve within 30 minutes.

Supplement Facts

Serving Size 1 Tablet **Each Tablet Contains** % Daily Value Vitamin D 200 IU Calcium 500 mg 50%

INGREDIENTS: Oyster Shell, Maltodextrin, Cellulose, Acacia. Croscarmellose Sodium, Hypromellose, Dextrin, Mineral Oil, Titanium Dioxide, Hydroxypropyl Cellulose, Polyethylene Glycol, Calcium Stearate, Magnesium Stearate, Corn Starch. Gelatin, Dextrose, Blue 1 Lake, Soy Lecithin, Yellow 5 Lake, Sucrose, Polysorbate 80, Povidone, Sodium Citrate, Carnauba Wax, Stearic Acid, Crospovidone, Cholecalciferol,

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.

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 100% of Vitamin D.

Three tablets provide: 1500 mg Calcium, 115% of the Daily Value for pregnant and lactating women and 150%

Keep out of the reach of children. Keep in a cool dry place, tightly closed. Calcium with Vitamin D Tablets USP.

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