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[www.NatureMade.com](http://www.NatureMade.com) • 1-800-276-2878<sup>◊</sup>

**HELPS BUILD STRONG BONES AND MAY HELP PREVENT OSTEOPOROSIS**

Adequate Calcium in a healthful diet is important for teen, young adult and post menopausal women. Vitamin D improves Calcium absorption.

**No Artificial Colors • No Artificial Flavors • No Preservatives  
No Chemical Solvents, Yeast or Gluten**

**Supplement Facts**

Serving Size 1 tablet

Amount Per Tablet	% Daily Value
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Vitamin D 200 I.U.	50%
Calcium 500 mg	50%

**SUGGESTED USE:** Take one tablet two times daily with a meal. Keep bottle tightly closed. Store in a cool, dry place, out of reach of children.

**Do not use if imprinted seal under cap is broken or missing.**

**INGREDIENTS:** Calcium Carbonate, Maltodextrin, Cellulose Gel, Soy Polysaccharides, Hydroxypropyl Methylcellulose, Corn Starch, Vitamin D, Polyethylene Glycol.

Distributed by: **Nature Made Nutritional Products**  
Mission Hills, CA 91346-9606, U.S.A.

1-800-276-2878 • [www.NatureMade.com](http://www.NatureMade.com)<sup>◊</sup>

USP has tested and verified ingredients, product and manufacturing process. USP sets official standards for dietary supplements. See: [www.usp-dsdp.org](http://www.usp-dsdp.org).

<sup>◊</sup>Valid only for U.S. and Puerto Rico residents.

Lot:  
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