

Calcium fights osteoporosis†

- ✓ Only Citracal® has calcium citrate††
- ✓ Absorbed with or without food
- ✓ For special dietary needs
- ✓ Easier to swallow‡

† To maintain healthy bones, it is recommended that teen and adult women get regular exercise and eat a healthy diet with enough calcium throughout their lives. This may reduce the risk of osteoporosis, which can affect middle-aged and older women (particularly White and Asian women). While adequate calcium intake is important in nourishing your bones, taking more than 2,000 mg is not likely to provide any additional benefit.

†† Among leading calcium brands.

‡ Compared to Citracal® Regular.

Citracal®

Calcium Citrate

KOSHER
FOR SPECIAL DIETARY NEEDS

Calcium Supplement
200 Coated Tablets



Directions: Adults: Take 1 to 2 tablets two times daily or as recommended by your physician, pharmacist or health professional.

Supplement Facts

Serving Size: 2 tablets

	Amount Per Serving	% Daily Value
Calcium (elemental)	400 mg	40%

INGREDIENTS: Calcium Citrate, Polyethylene Glycol, Croscarmellose Sodium, Polyvinyl Alcohol-Part Hydrolyzed, Titanium Dioxide (color), Magnesium Silicate, Magnesium Stearate.

KEEP OUT OF REACH OF CHILDREN

Do not use if printed foil seal is torn or missing.

Questions or comments?

Please call 1-866-511-9328

Visit our website at www.citracal.com

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