DIRECTIONS: As a dietary supplement, take 1 tablet twice daily. Regular exercise and a healthy diet with enough calcium helps all women approximately 11 to 35 years of age maintain good bone health and may reduce their high risk of osteoporosis later in life.

For persons with a family history of osteoporosis, menopausal women, or elderly men and women, adequate calcium intake is linked to reduced risk of osteoporosis through the mechanism of slowing the rate of bone loss.

Adequate calcium intake is important but daily intakes above 2000 mg are not likely to provide any additional benefits.

TAMPER EVIDENT: Do not use this product if imprinted foil seal under cap is broken or missing.

Keep tightly closed.

Store at room temperature: 59⁰-86⁰F (15⁰ to 30⁰C).

KEEP OUT OF REACH OF CHILDREN.

*FORMULA 196 tablets are not manufactured or distributed by Smithkline Beecham Consumer Healthcare L.P. owner of the trademark **OS-CAL® 500 + D**.

CAUTION: Do not take this product if you are allergic to shell fish. Conforms to USP <2091> for weight. Meets USP <2040> disintegration for maximum bioavailability.

Mfg. in an FDA Registered Facility using Good Manufacturing Practices (GMPs)   Rev. #01

W®

FORMULA 196

WONDER
Laboratories®

OYSTER CALCIUM

500 MG + D

"Calcium Builds Strong Bones"
*Compare to **OS-CAL® 500 + D**

Dietary Supplement

200 TABLETS

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% DV
Vitamin D-3 (as cholecalciferol) 400 IU	100%
Calcium 500 mg	50%
(from oyster shell calcium)	

Other ingredients: Vegetable cellulose, vegetable stearic acid, silica, vegetable magnesium stearate.

Two (2) Tablets Provide: 1000 mg. of calcium supplying 100% of the U.S. RDA for adults and children 4 or more years of age and 77% for pregnant and lactating women.

Three (3) Tablets Provide: 1500 mg. of calcium supplying 150% of the U.S. RDA for adults and children 4 or more years of age and 115% for pregnant and lactating women.

Distributed by: **Wonder Laboratories ®**
115 S.C.T. Ct., White House, TN 37188 **Made in USA**