

Calcium is the primary mineral responsible for strong bones.* The body also uses Calcium for proper muscle contraction and nerve function.* Vitamin D3 assists in Calcium absorption and maintaining a healthy immune system.*

**Adequate Calcium and Vitamin D as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life.



Nutrition Questions or Comments?
Call 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

For educational health tips and savings
join our e-newsletter, visit
www.NaturesBounty.com

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Prod. No. 7087 B17920 07C

NATURE'S BOUNTY

Calcium

500 mg | With Vitamin D3

Promotes
Bone Health*

100% DV OF VITAMIN D3
TO HELP OPTIMIZE
CALCIUM ABSORPTION*

May Reduce the Risk
of Osteoporosis**

300 tablets

MINERAL SUPPLEMENT

DIRECTIONS: For adults, take one (1) tablet one or two times a day, preferably with meals.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value	
Vitamin D (as D3 Cholecalciferol)	400 IU	100%
Calcium (from Oyster Shell)	500 mg	50%

Other Ingredients: Vegetable Cellulose, Vegetable Magnesium Stearate.

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast. Sodium Free.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

Carefully Manufactured by NATURE'S BOUNTY, INC.
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