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**NATURE'S BOUNTY**

# CHEWABLE CALCIUM with Vitamin D

A natural mineral formula  
supplying non-animal  
Calcium

DIETARY  
SUPPLEMENT

100 WAFERS

## Supplement Facts

Serving Size 4 wafers  
Servings Per Container 25

Amount Per Serving	%Daily Value	
Total Carbohydrate	less than 1 g	less than 1%
Sugars	less than 1 g	*
Vitamin D (as Ergocalciferol)	400 I.U.	100%
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	560 mg	56%
Phosphorus (as Dicalcium Phosphate)	100 mg	10%
Buckwheat ( <i>Fagopyrum esculentum</i> ) (seed)	10.4 mg	**
Corn Bran ( <i>Zea mays</i> ) (seed)	10.4 mg	**

\*Percent Daily Values based on a 2,000 calorie diet

\*\*Daily Value not established

**OTHER INGREDIENTS:** Sucrose, Dextrose, Cellulose (Plant Origin), Acacia Gum, Cottonseed Oil, Artificial Flavor, Silica, Vegetable Magnesium Stearate, Sodium Chloride.

**GUARANTEED FREE OF:** gluten, milk or milk derivatives, lactose, preservatives, soy, artificial color, sodium (less than 5 mg per serving).

**Calcium and Vitamin D help maintain healthy bones in adults. Calcium also plays a role in muscle contractions and nerve impulses. Vitamin D assists in maintaining a healthy immune system.\*\*\***

The National Institute of Health reports that more than 25 million people in the U.S. have osteoporosis. Regular exercise and a healthy diet with enough calcium helps teen and young adult white and Asian women maintain good bone health and may reduce their high risk of osteoporosis later in life. Adequate calcium intake is important, but daily intakes above 2,000 mg are not likely to provide any additional benefit.

A supplement containing natural Calcium, Phosphorus and Vitamin D to assist in the utilization of Calcium. Includes Corn and Buckwheat Flour.

**DIRECTIONS:** For adults, take four (4) wafers daily, preferably with meals. Wafers may be chewed.

Pregnant or lactating women should consult a doctor before using any product.

**KEEP OUT OF REACH OF CHILDREN**

Store in a cool, dry place

**TAMPER RESISTANT:** Do not use if imprinted seal under cap is broken

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

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

Visit us on the Web  
[www.NaturesBounty.com](http://www.NaturesBounty.com)

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