



DIRECTIONS: Take 3 tablets daily with a meal or as directed by a practitioner or pharmacist. Do not exceed recommended daily dose.

Food supplements should not replace a balanced diet and a healthy lifestyle.

INGREDIENTS: Calcium Citrate, Cellulose, Fibre Cellulose, Anti-caking Agents (Silicon Dioxide & Magnesium Stearate), Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin), Stearic Acid, Vitamin D3.

V Suitable for vegetarians.

KEEP AWAY FROM CHILDREN

*per 3 tablets

NUTRITION INFORMATION

Typically per 3 tablets: %NRV**

Vitamin D3

6ца 120

Calcium (as Citrate) 800mg 100

**NRV = Nutrient Reference Value

Calcium is the most abundant mineral in the body and contributes to the maintenance of normal bones and teeth. It also contributes to normal nerve and muscle function.

This product supplies calcium in citrate form for maximum absorption, with three tablets providing a full 800mg of calcium which is the Nutrient Reference Value. Plus vitamin D3, since this nutrient is known to contribute to the maintenance of normal bones.

TO BE TAKEN ON THE ADVICE OF A PRACTITIONER OR PHARMACIST ONLY

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