

CALCIUM AND VITAMIN D

This symbol certifies that your vitamin is a high quality vitamin.



1) The age based recommendations for Calcium and Vitamin D are:

1-3 years: 700 mg of Calcium, 1000 IU Vitamin D3

4-8 years: 1000 mg of Calcium, 1000 IU Vitamin D3

9-21 years: 1300 mg of Calcium, 1000 IU Vitamin D3

There is evidence that 2000 IU of Vitamin D is beneficial for overweight children and adults. There is NOT evidence that very high doses (more than 3000 IU daily) add additional benefit to patients. More than 3000 IU daily can actually cause harm and we don't recommend exceeding 2000 IU daily.



SUGGESTED USE:

Children ages 4-8 years: Chew 1 gummy, twice daily. **Children ages 9-18 years:** Chew 1 gummy, three times daily.

Store tightly closed, in a cool, dry place, out of reach of children.

Do not use if imprinted seal under cap is broken or missing.

- ✓ No Artificial Flavors - Natural Fruit Flavors
- ✓ No Synthetic Dyes - Colors Derived from Natural Sources
- ✓ No High Fructose Corn Syrup
- ✓ No Artificial Sweeteners
- ✓ Gluten Free

Supplement Facts

Serving Size 1 Gummy

Amount Per Serving	% Daily Value For Children 4 Years and Over
Calories 15	
Total Carbohydrate 4 g	1%**
Total Sugars 3 g	*
Includes 3g Added Sugars	6%**
Vitamin D ₃ 9 mcg (350 IU) (as Cholecalciferol)	45%
Calcium 250 mg (as Tricalcium Phosphate)	19%
Phosphorus 115 mg (as Tricalcium Phosphate)	9%
Sodium 10 mg	< 1%

*Daily Value not established.

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

CAUTION: Take only as directed. Do not exceed suggested use unless recommended by a physician. Not recommended for children under 4 years of age due to choking hazard.

OTHER INGREDIENTS:

Sugar, Glucose Syrup, Water, Citric Acid, Pectin, Lactic Acid, Calcium Lactate, Natural Flavors, Colors Added (Including Carmine).

DISTRIBUTED BY:

Nature Made Nutritional Products
West Hills, CA 91309-9903, USA
1-800-276-2878
www.NatureMade.com

Quality tested in the USA.
Made to our guaranteed purity and potency standards.

Lot: Exp:

SUGGESTED USE: As a dietary supplement for adults, chew two (2) gummies daily, preferably with a meal.

Supplement Facts

Serving Size 2 Gummies

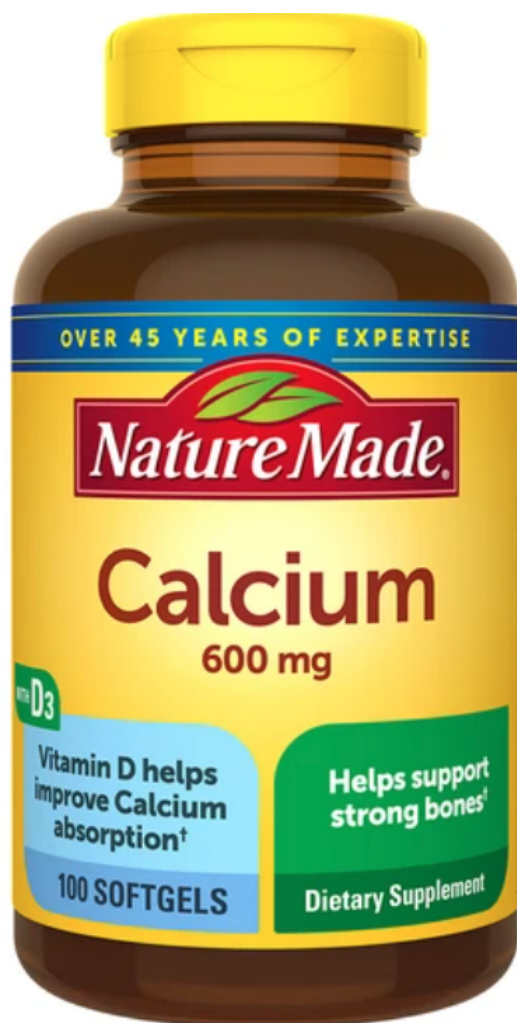
Servings Per Container 60

Each Serving Contains	% Daily Value
Calories 20	
Total Carbohydrate 5 g	2%*
Total Sugars 3 g	**
Includes 3 g Added Sugars	6%*
Vitamin D 25 mcg (1,000 IU)	125%
Calcium 500 mg	38%
Phosphorus 230 mg	18%

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

**Daily Value not established.

INGREDIENTS: Sugar, Corn Syrup, Tribasic Calcium Phosphate, Water, Modified Food Starch, Gelatin (Porcine), Citric Acid, Natural Flavors, Vegetable and Fruit Juice (Color), Maltodextrin, Lactic Acid, Cholecalciferol.



SUGGESTED USE:

Adults, take 1 softgel 1 to 2 times daily with water and a meal.

Store tightly closed, in a cool, dry place, out of reach of children.

Do not use if imprinted seal under cap is broken or missing.

CAUTION:

If you are taking any medications, consult your physician before use.

MAY HELP REDUCE RISK OF OSTEOPOROSIS

Adequate calcium and vitamin D throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis.

- ✓ No Synthetic Dyes - Color Derived from Natural Source
- ✓ No Artificial Flavors
- ✓ No Preservatives
- ✓ Gluten Free

Supplement Facts

Serving Size 1 Softgel

Amount Per Softgel	% Daily Value
Calories 10	
Total Fat 1 g	1%*
Vitamin D ₃ (as Cholecalciferol) 10 mcg (400 IU)	50%
Calcium (as Calcium Carbonate) 600 mg	46%

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

OTHER INGREDIENTS:

Soybean Oil, Gelatin, Glycerin, Soy Lecithin, Water, Color Added, White Beeswax.

CONTAINS: Soy.

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Lot: Exp:



Supplement Facts

Serving Size 2 Gummies

Servings Per Bottle 45

	Amount Per Serving	% DV
Calories	10	
Total Carbohydrate	3 g	1% †
Total Sugars	2 g	**
Includes 2 g Added Sugars		4% †
Vitamin D (as cholecalciferol)	50 mcg (2000 IU)	250%

† Percent Daily Values are based on a 2,000 calorie diet. ** Daily Value not established

Other Ingredients: Organic Tapioca Syrup, Organic Cane Sugar, Organic Lemon Juice Concentrate, Pectin, Organic Flavors, Sodium Citrate, Colors (Organic Black Carrot Juice Concentrate, Organic Turmeric, Organic Annatto), Organic Sunflower Oil, Organic Carnauba Wax.



■ Use daily to help maintain healthy Vitamin D levels

SUGGESTED USE: Adults, take 1 tablet daily with water and a meal.

Store tightly closed, in a cool, dry place, out of reach of children.

Do not use if imprinted seal under cap is broken or missing.

- ✓ No Color Added
- ✓ No Artificial Flavors
- ✓ Gluten Free

Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	% Daily Value
Vitamin D ₃ (as Cholecalciferol) 25 mcg (1000 IU)	125%
Calcium (as Calcium Carbonate) 90 mg	7%

CAUTION:

If you are taking medication, consult your physician before use.

OTHER INGREDIENTS:

Cellulose Gel, Maltodextrin, Croscarmellose Sodium, Stearic Acid, Magnesium Stearate, Gelatin.

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USP has tested and verified ingredients, potency and manufacturing process.

USP sets official standards for dietary supplements. www.uspverified.org

★ Based on Pharmacy Times Survey of pharmacists recommending Letter Vitamin Supplements.

Lot :
Exp :



SUGGESTED USE: As a dietary supplement for adults, chew two (2) gummies daily, preferably with a meal.

Supplement Facts

Serving Size 2 Gummies
Servings Per Container 60

Each Serving Contains	% Daily Value
Calories 20	
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