



Calcium 280 - D

Each tablet contains

- 150 IU Vitamin D3
- 280 mg Calcium as carbonate

Calcium is the most abundant mineral in the body and is reported to be deficient in the diet.

The daily need for vitamin D increases

- In the northern latitudes from fall to spring,
- If sunscreen is used to prevent sun exposure,
- Aging skin.

For adults, the daily recommendation for Calcium is 800 mg, except that it is 1,200 for pregnant and lactating women or postmenopausal women not taking estrogen. These doses are adequate if a chelate or complex form of calcium is used.

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Supplement Facts: Serving Size: 1 Tablet, Servings per Container: 150

Each tablet contains 150 mg Vitamin D3 and 280 mg Calcium (as calcium carbonate).

Other Ingredients: magnesium stearate, food glaze.

Suggested Use: One tablet daily or as directed by a qualified health professional.

The vitamins in this product are supplied by well respected USA and/or European vendors and are analyzed for purity and quality.

How Calcium 280 - D is Supplied:

VMCAD Bottles of 150 tablets

Related Products: Calcium D Chelate, Calcium Ascorbate Powder, Nutri-Flow



Phone: 888.953.5553
www.nutritionpureandsimple.com

*These statements have not been evaluated by the Food and Drug Administration
Products are not intended to diagnose, treat, cure, or prevent any disease*