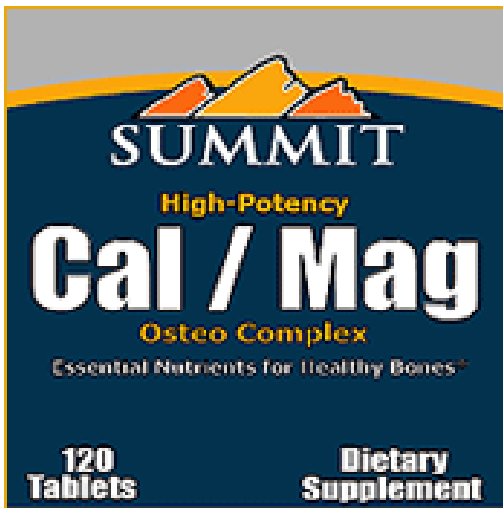




www.summitvitamin.com



Calcium continues to play an important role in bone health, and it seems reasonable to recommend that women and men consume the recommended daily levels of calcium and vitamin D through diet, supplements or both. Based on this, calcium supplementation remains an important part of a healthy diet.

As a general rule, research recommends a daily intake of 1,500 milligrams of elemental calcium and 400 international units of vitamin D from diet and supplements. However, these recommendations may vary depending on individual circumstances. You and

your nutritionist or doctor can determine the appropriate intake of calcium and vitamin D in your specific situation.

Available in 120 & 240 count bottles

Suggested Use: As a dietary supplement, adults take three (3) tablets daily or as directed by a physician.

Supplement Facts

Serving Size: 3 Tablets
Servings Per Container: 80

	Amount Per Serving	% Daily Value†
Calcium (as calcium carbonate)	1350mg	*
Magnesium (as oxide)	750mg	*

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

*Daily Value not established.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement.

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.