

## Calcium Citrate Soft Chews

Berry

- 500 mg of Calcium Citrate
- 500 IU of Vitamin D3

Sugar-Free  
not a reduced  
calorie food

Dietary Supplement  
90 Soft Chews



895138002527

Place UPC here

(877) 424-1953 CelebrateVitamins.com  
516 Corporate Pkwy, Wadsworth, OH 44281

Formulated and distributed by:  
Celebrate Vitamins  
Keep out of reach of children. Store in a cool, dry place.

**Do not use if seal is broken.**  
Almond, Walnut, Pecan, Nutmeg and Soy Protein.

Manufactured on equipment used to process Dairy, Peanut,  
Soya Lecithin, Salt, Sucralose, and Vitamin D3.

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.

**Vitamin D3** is an essential nutrient that increases calcium absorption. Adequate vitamin D levels are necessary to maximize the body's ability to use calcium more effectively.

**Calcium citrate** is the preferred form of calcium supplementation for several reasons. It has an increased bioavailability for weight loss surgery patients or those taking acid reflux medications (e.g., proton pump inhibitors and H2 blockers). Calcium citrate doesn't have to be taken with food to be absorbed, unlike calcium carbonate. There is less risk of gastrointestinal complaints (e.g., constipation, gas, and bloating) with calcium citrate versus calcium carbonate.

**Recommended intake of calcium** for adults ranges from 1000-1500 mg daily and may be more for people that have had weight loss surgery. For proper absorption, you should not consume more than 500 mg (1 piece) within a 2-hour period or within 2 hours of taking an iron supplement.

**Calcium** is essential to build and maintain strong, healthy bones and teeth. It plays an important role in nerve conduction, muscle contraction, blood clotting, and other processes in the body. Calcium is regulated tightly to support these functions and it is possible for the body to break down bones to provide calcium during periods of inadequate dietary intake. There is an increased risk of bone loss as you age, increasing osteoporosis and/or fracture risk.

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### Supplement Facts

Serving Size: 1 piece

Amount per % Daily Value

Calories	15	
Calories from Fat	5	
Total Fat	0.5 g	1%*
Saturated Fat	0 g	0%*
Trans Fat	0 g	**
Total Carbohydrate	5 g	2%*
Sugars	0 g	**
Sugar Alcohol	3 g	**
Vitamin D (as Cholecalciferol)	500 IU	125%
Calcium (as Calcium Citrate)	500 mg	50%
Sodium	10 mg	<1%

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

Directions: Take one soft chew or as directed, as a dietary supplement.