

ABO - CALCIUM 500mg + Vitamin D3



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20 effervescent tablets of orange flavor

Ingredients: Acidity regulator: citric acid ; calcium carbonate; acidity regulator: sodium hydrogen carbonate E500(ii); sweetener: sodium cyclamate ; flavour; carrier of sweetener: polyethylene glycol 6000; colour: beta-carotene E160a(ii); sweetener: sodium saccharin; vitamin: cholecalciferole (vitamin D₃).

Recommended dosage: Dissolve 1 tablet of Calcium D 500 mg – effervescent tablets in glass of cool water (200 ml). Maximum recommended consumption: 1 tablet daily. Do not exceed the recommended daily dosage.

Description: Dietary supplement Calcium D 500 mg effervescent tablets of orange flavor. Recommended for adults. Enriches daily diet with calcium, vitamin D3.

Adequate calcium in a healthy diet may help prevent osteoporosis but most adults, especially women, fall short of their daily calcium requirements.

Calcium 500 mg with Vitamin D can help maintain and build strong bones and teeth.

Each tablet provides **500 mg of Calcium and 10 µg of Vitamin D3** an essential nutrient for calcium absorption.

One tablet daily, meets recommended daily Calcium requirements for adults age 18 to 50.

Adequate **Calcium and Vitamin D** in a healthful diet is important for teen, young adult and post menopausal women.

Vitamin D improves Calcium absorption. Helps build strong bones and teeth. May reduce the risk of osteoporosis. Helps support healthy muscle contraction