



Superior Calcium Citrate

FOUR A DAY

RDA 800mg
Food Supplement
High Potency
60 Vegetarian Capsules

Manufactured in
England.
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Superior Calcium (Citrate) Food Supplement

This mineral is bonded to citric acid, a more bioavailable form. Citrates are easily assimilated in the body and require little acid prior to absorption. Calcium helps keep bones and teeth healthy.

NUTRITIONAL INFORMATION:

Four (4) vegetarian capsules provide:

%ECRDA

Calcium (Citrate)	829mg	100
(each capsule provides 200mg of pure Calcium)	200mg	25
Vegetarian capsules	440mg	

ECRDA – European Community Recommended Daily Allowance.
Suitable for Vegetarians and Vegans. Hypoallergenic formula 100% active ingredients.

Contains NO: gluten, wheat, lactose, dairy, added sugars, added salt, preservative, colourings, yeast or starch.

Directions for use: As a food supplement for adults, take 2/4 vegetarian capsules daily with food or as directed by a health care professional.

Tamper resistant outer and cap seal for your added security. Do not use if either are broken. Freshness and potency assured if stored in a cool dry place.

Keep out of sight and reach of children.

Not for use during pregnancy or lactation, unless directed by a health care professional.