

Osteocare[®] tablets

The science of good bone structure

Composition:

Each tablet contains:

Active Ingredients

Quantity/Dosage Unit

Calcium (as Calcium Carbonate 1000 mg)	400 mg
Magnesium (as Magnesium Hydroxide 372 mg)	150 mg
Zinc (as Zinc Sulphate 22 mg)	5 mg
Vitamin D (Cholecalciferol 100 IU)	2.5 mcg

Properties:

Calcium is vital for strong bones and teeth, and the health of the heart, muscles and nerves. It plays an important role in tissue repair and the control of blood pressure and acidity. Getting enough calcium is especially important during and after menopause, during pregnancy and breast-feeding and for elderly men and women. Research shows the earlier both men and women receive an adequate calcium supply the better. So, choosing an effective calcium supplement can be important to help safeguard your intake of this mineral.

● Each Osteocare[®] tablet provides more calcium than a glass (250ml) of full fat milk, but unlike milk is totally free of fat and sugar. For further effectiveness this is combined with magnesium, zinc and vitamin D. **Just two tablets provide the full recommended daily amounts for calcium, magnesium and vitamin D.**

● Ideal for men and women of all ages. Suitable for vegetarians.

● Osteocare[®] is a calcium/combination dietary supplement, for the prevention and treatment of vitamin and mineral deficiency.

Contraindications:

Calcium supplementation has few known contraindications. To be taken as advised by your doctor.

Interactions:

Osteocare[®] has no known drug interactions.

Method of Administration:

Two tablets daily (or one tablet twice daily), before or with meals, with water or a cold drink. Swallow without chewing, or as directed by the physician.

Pregnancy and Lactation:

To be taken as directed.

Overdose:

Discontinue use. Inform your doctor or pharmacist.

Side Effects:

No known side effects.

Special Warnings and Special Precautions for Use:

To be taken as directed. Inform your doctor or pharmacist of other medications you are taking.

Nature and Contents of Container:

30 tablet pack: 15 tablets per blister strip, 2 blister strips per box.