



O-cal D3

Tablets



Maintain
Healthy Bones
And Teeth



O-cal D3 Tablets

 Vitamin D (D3 800 I.U.) 20 mcg + Calcium 1000 mg per 2 tablets 







Description: If Calcium levels in the blood drop below normal, Calcium will be "borrowed" from bone. Therefore, it is important to consume enough Calcium every day to maintain adequate blood and bone calcium levels. If you can't get enough through your diet, and most people don't, then there is calcium supplementation to ensure you get your adequate daily intake.

The recommended Calcium intake for adults is 1,000 to 1,300 milligrams daily, depending upon age, gender and personal circumstances (for example, a woman who is pregnant, breastfeeding or dieting might require more dietary Calcium). One serving of dairy product provides approximately 300 milligrams of Calcium, so those who do not consume enough Calcium from food sources may need Calcium supplements to meet their daily requirement.

Bone Mineral Density: Calcium and vitamin D contribute to the maintenance of normal bones, teeth and muscle function. They also help to reduce the loss of bone mineral in post-menopausal women, Low bone mineral density is a risk factor for osteoporotic bone fractured.

Role of Vitamin D: Vitamin D is an essential nutrient that contributes to healthy, strong bones and helps to control the amount of calcium in the blood. Recent evidence suggests that it may also help in the prevention of many other diseases and adequate levels of vitamin D are also associated with other health benefit such as immunity and cardiac function. Low levels of vitamin D have been associated with a range of diseases including osteoporosis, cardiovascular disease, multiple sclerosis and mental health issues.

VITAMIN D BENEFITS....

- Helps prevent Osteoporosis. 
- Promote healthy bones and strong teeth. 
- Helps absorption of the minerals calcium and phosphorus. 
- Prevents rickets in children and Osteomalacia in adults. 
- May help prevent colon, breast, and prostate cancer. 
- May slow progression of osteoarthritis of the knee 


DIRECTIONS

ONE OR TWO TABLETS PER DAY WITH YOUR MAIN MEAL.
Swallow with water or a cold drink. Not to be chewed.
Do not exceed the recommended intake. Ultra Calcium may be used for as long as required. A regular intake is recommended.

Nutritional Information	Av. per 2 Tablets	% EC NRV*
Vitamin D (as D3 800 IU)	20 mcg	400
Calcium	1000 mg	125

*NRV - Nutrient Reference Value.
mcg-microgram, mg-milligram, IU-International Units

Indications: Pregnancy, Lactation, Menopause, Osteoporosis and old age

 **Dosage:** ADULTS-ONE OR TWO O CAL-D3 tablets per day with main meal. Swallow with water or a cold drink. Not to be chewed. (Can be taken One tablet twice daily with meals also)

 **Storage:** Cool and dark place protected from light, store below 25° C.
Keep out of reach of children.

 **Packing:** Pack of 30 tablets.

Manufactures by :

VOX DEI LABS

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