

Chewable Calcium 400mg

with Vitamin D and FOS

Presentation

A white round tablet.

Each tablet delivers:

Vitamin D3	2.5µg
Calcium (as Carbonate)	400mg
Fructo-oligosaccharides (FOS)	1000mg

Tableted with:

Stearic Acid, Flavour (Lemon), Magnesium Stearate, Sweetener: Sucralose.

Disintegration time: Dissolves in the mouth.

Suitable for vegetarians 

quantity
60

type
tablets

code
8222



Uses

It is well established that many people's diets provide insufficient supplies of calcium. Since 71% of female teenagers aged between 16-18 years old fail to consume adequate calcium from the diet and with a quarter of UK 4 year-olds following this trend, calcium supplementation is pertinent for many. Calcium intakes of girls and women are of particular concern because achieving optimum bone density before the age of 30 will help to maintain strong bones in old age.

Calcium tablets tend to be quite large so we have developed these pleasant lemon flavoured chewable calcium tablets to encourage ease of use.

Whilst most manufacturers use sugar in their chewable formulas, we have used a special type of sweet tasting soluble fibre called fructo-oligosaccharides (FOS). This natural material is extracted from chicory root and has the benefit of not causing tooth decay. Furthermore, preliminary studies show that FOS can enhance the absorption of calcium.

Usage and administration

Children from 4 years upwards: Chew 1 tablet daily.

Adults: Chew 1 to 2 tablets daily.

Allergen advice

None (see page 194).

Cautions

None known at the recommended usage.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

