

HOW DIETARY SUPPLEMENTS ARE REGULATED

Dietary Supplements must be manufactured under the current Good Manufacturing Practices (DSHEA Sec. 9).

Labeling must bear a Supplement Facts table, including the name and quantity of each dietary ingredient (DSHEA Sec. 7).

Labeling may bear statements of nutritional support. Such statements must be adequately substantiated and may not claim to diagnose, mitigate, treat, cure, or prevent any disease. The manufacturer should notify the FDA of any such statements within 30 days of first marketing (DSHEA Sec. 6).

False or misleading claims are prohibited (FFDCA Sec. 403).

Health claims must be pre-approved by FDA (NLEA).

Disclosure of key allergens is required (Food Allergen Labeling Act).

Dietary Supplements may only be intended for oral ingestion. They may not be represented for use as a conventional food and may not contain any drug substances (DSHEA Sec. 3).

Safety data regarding "new dietary ingredients" not previously present in the food supply must be submitted to FDA at least 75 days prior to marketing (DSHEA Sec. 8).

All ingredients must be safe for consumption (DSHEA Sec. 4 and Food Additive Regulations).



List No. 2868
L302
Cat. A507
5A008

Nature Made

**Calcium Citrate
+ Magnesium**

with Vitamin D
400 IU
DIETARY SUPPLEMENT
90 TABLETS

Calcium Citrate
Form is Gentle on
the Stomach†



Calcium Citrate is Gentle on the Stomach!
Helps Build Strong Bones and Teeth and May Help Prevent Osteoporosis

As part of a well-balanced diet, adequate Calcium and Vitamin D throughout life may reduce the risk of osteoporosis. Calcium Citrate is a form of Calcium that does not require food or stomach acid for absorption, so it is gentle on the stomach and can be taken with or without food. Magnesium assists the body with bone formation and Vitamin D improves calcium absorption.†

No Color Added
No Artificial Flavors • No Preservatives
No Yeast • Gluten Free
SUGGESTED USE: Take two tablets 1 to 2 times daily.
Keep bottle tightly closed. Store in a cool, dry place, out of reach of children.
Do not use if imprinted seal under cap is broken or missing.

OTHER INGREDIENTS: Cellulose Gel, Talc, Croscarmellose Sodium, Hydroxypropyl Methylcellulose, Magnesium Stearate, Polyethylene Glycol, Gelatin, Corn Starch.

Distributed by: **Nature Made Nutritional Products**
Mission Hills, CA 91346-9606, U.S.A. 1-800-276-2878 • www.NatureMade.com
Tableted and Quality Tested in the U.S.A.

Oil- and Water-soluble Vitamins with Minerals Tablets USP
USP has tested and verified ingredients, potency and manufacturing process.
USP sets official standards for dietary supplements. www.uspverified.org
Valid only for U.S. and Puerto Rico residents.

†These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.

Lot: Exp:

Accurate disclosure of contents is required (Fair Packaging & Labeling Act).

The label must state that the product is a "Dietary Supplement" (DSHEA Sec. 7 (a)).

Supplement manufacturers must register each facility with FDA (Bioterrorism Act).

Labeling must bear a phone number or address through which consumers can report serious adverse events (Dietary Supplement and Nonprescription Drug Consumer Protection Act).

Lot number control is required to enable product traceability (Dietary Supplements Good Manufacturing Practices).

Labels bearing statements of nutritional support must prominently display a prescribed advisory statement (DSHEA Sec. 6).

LAWS THAT DIRECTLY IMPACT DIETARY SUPPLEMENTS

- DSHEA: Dietary Supplement Health and Education Act
- NLEA: Nutrition Labeling and Education Act
- FFDCA: Federal Food, Drug, and Cosmetic Act
- Fair Packaging and Labeling Act
- Bioterrorism Act
- Food Allergen Labeling Act
- Dietary Supplement and Nonprescription Drug Consumer Protection Act

The United States Pharmacopeia (USP) sets official standards for dietary supplements. For products carrying the USP mark, USP has tested and verified ingredients, potency, and manufacturing processes. A supplement must conform to the specifications of an official compendium, if so represented. Otherwise, a supplement must meet the identity, strength, purity and composition as represented (DSHEA Sec. 7(a)).