



## Osteocare Liquid

### Uses

### Dosage

Adults: 2 teaspoonfuls twice daily. Pregnancy and breastfeeding: 2 teaspoonfuls twice daily. Children 3-12 years: 2 teaspoonfuls daily. Ideally taken with a main meal.

### Format and Ingredients

Liquid containing per 10ml:  
Vitamin D (as D3 400 IU) 10µg 200, Calcium 300mg 38,  
Magnesium 150mg 40, Zinc 6mg 60,

**Category:**  
Food supplements

**Manufacturer:**  
VITABIOTICS LTD

**Pack size:** 200ml, 500ml

**RRP:** £5.15, £12.45

**Legal Status:** ,