

# Osteocare Liquid



## Category

Vitamins, Minerals and  
Nutritionals

## Manufacturer

VITABIOTICS LTD

## Pack size

200ml, 500ml

## RRP

£5.15, £12.45

## Legal Status

,

## Uses

## Format and Ingredients and %NRV

Liquid containing per 10ml:

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

## Dosage

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