



Centrum
Ostocalcium
300



Suspension RDA Table

Nutritional Information (Approx.)																		
	Quantity	%RDA*																
		5-6 years 1 teaspoon	7-9 years 1 teaspoon	7-9 years 2 teaspoon	Boys 10- 12 years 1 teaspoon	Boys 10- 12 years 2 teaspoon	Girls 10-12 years 1 teaspoon	Girls 10-12 years 2 teaspoon	Boys 13- 15 years 1 teaspoon	Boys 13- 15 years 2 teaspoon	Girls 13-15 years 1 teaspoon	Girls 13- 15 years 2 teaspoon	Boys 16- 18 years 1 teaspoon	Boys 16- 18 years 2 teaspoon	Girls 16- 18 years 1 teaspoon	Girls 16-18 years 2 teaspoon	Adults 1 teaspoon	Adults 2 teaspoon
Calcium	300 mg	55%	46%	92%	35%	71%	35%	71%	30%	60%	30%	60%	29%	57%	29%	57%	30%	60%
Vitamin D2#	200 IU	33%	33%	67%	33%	67%	33%	67%	33%	67%	33%	67%	33%	67%	33%	67%	33%	67%
Vitamin B12#	1.1 mcg	50%	50%	100%	50%	100%	50%	100%	50%	100%	50%	100%	50%	100%	50%	100%	50%	100%

*%RDA calculated as per ICMR'20 guidelines for adults and children. #Appropriate overages added.