



Centrum
Ostocalcium
Total



Chewable Tablets RDA Table

Nutritional Information (Approx.)															
	Quantity	%RDA*													
		5-6 years 1 tablet	7-9 years 1 tablet	Boys 10-12 years 1 tablet	Girls 10-12 years 1 tablet	Boys 13-15 years 1 tablet	Boys 13-15 years 2 tablets	Girls 13-15 years 1 tablet	Girls 13-15 years 2 tablets	Boys 16-18 years 1 tablet	Boys 16-18 years 2 tablets	Girls 16-18 years 1 tablet	Girls 16-18 years 2 tablets	Adults 1 tablet	Adults 2 tablets
Calcium	500 mg	91%	77%	59%	59%	50%	100%	50%	100%	48%	95%	48%	95%	50%	100%
Vitamin D2#	300 IU	50%	50%	50%	50%	50%	100%	50%	100%	50%	100%	50%	100%	50%	100%

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