

The present invention relates to a nutraceutical and/or pharmaceutical composition for oral use containing a calcium-containing compound. The composition is in the form of tablets that are designed so that they have an acceptable taste and mouthfeel, whereby the tablets are chewable or suckable, and at the same time the tablets fulfil the requirements with respect to technical properties in order to ensure that the tablets can be dispensed by means of a dose-dispensing machine. In a preferred embodiment, the tablet comprises calcium carbonate and sorbitol with a mean particle size of 38 or 110 microns. In another embodiment, the tablets comprise calcium carbonate and Vitamin D as active ingredients.