

DIRECTIONS: FOR ADULTS, TAKE ONE (1) TABLET TWO OR THREE TIMES A DAY, PREFERABLY WITH A MEAL. As a reminder, discuss the supplements and medications you take with your health care providers.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value	
Vitamin D (as Cholecalciferol)	125 IU	31%
Calcium (from Oyster Shell)	500 mg	50%

Other Ingredients: Cellulose (Plant Origin), Croscarmellose, Cellulose Coating, Vegetable Magnesium Stearate.



WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

Sundown
Naturals

NATURAL OYSTER SHELL

Calcium

500 MG *plus*
Vitamin D

Promotes Bone Health*

120 TABLETS

DIETARY SUPPLEMENT

Smart Facts

Sundown Naturals' Natural Oyster Shell Calcium helps to promote bone strength.* Calcium also helps to maintain the health of other vital systems in the body, including the heart, muscles and nerves.* This supplement also contains Vitamin D to promote Calcium absorption.*

Calcium intake is important at every life stage, but is especially beneficial for young adults and women in midlife.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Questions? Call toll free 1-888-VITAHELP (848-2435) or visit us at www.sundownnaturals.com

Manufactured by REXALL SUNDOWN, INC.
Boca Raton, FL 33487 USA



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B7090
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Prod. No. 44741

