

ITEM #4060
B4061 09F



ACTUAL SIZE



HIGH POTENCY

CAL-1000 Complete™

**Multi Vitamins including
Vitamin D plus Iron**

Dietary Supplement

100 TABLETS



Supplement Facts

Serving Size 2 Tablets
Servings Per Container 50

Amount Per Serving	%Daily Value	
Vitamin A (as Retinyl Acetate)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin D (as Cholecalciferol)	400 IU	100%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	34 IU	113%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	2 mg	133%
Riboflavin (Vitamin B-2)	1.7 mg	100%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg	100%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	6 mcg	100%
Biotin (as d-Biotin)	300 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	100%
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	1,000 mg (1 g)	100%
Iron (as Ferrous Fumarate)	15 mg	83%
Sodium	5 mg	<1%

Other Ingredients: Vegetable Cellulose, Vegetable Stearic Acid, Silica.

No Gluten, No Yeast, No Wheat, No Milk or Milk Derivatives, No Lactose, No Soy, No Egg, No Grapefruit, No Fish, No Sugar, No Artificial Color, No Artificial Flavor.

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

Directions: For adults, take two (2) tablets daily, preferably with meals.

Bone health can be dependent on many factors including heredity, diet, exercise and lifestyle. Calcium is the primary mineral responsible for strong bones. The body also uses Calcium for proper muscle contraction and nerve function - and obtains this Calcium mainly from the bones.* Because the body cannot produce Calcium, a balanced diet, regular exercise, healthy lifestyle choices and adequate intake of Calcium and Vitamin D can play a role in maintaining optimal bone health.*

CAL-1000 Complete™ provides 100% of the Daily Value for Calcium and 12 essential vitamins in only 2 tablets.

WARNING: If you are pregnant, nursing, taking any medications or planning any medical procedure, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

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