

1-000-9335-00

Puritan's Pride
Calcium Carbonate 600 mg
600 mg / 60 Coated Caplets



**60 Coated
Caplets**
Item #004220

Supports Bone Health**

Many factors contribute to the development of osteoporosis including sex, race, age, and hormonal status. It's important to remember that everyone loses bone mass with age. Regular exercise, a healthy diet and adequate Calcium intake helps maintain good bone health and may reduce the high risk of osteoporosis later in life.



**COATED
FOR EASY
SWALLOWING**

Supplement Facts

Serving Size 2 Tablets

Servings Per Container 30

Amount Per Serving

% Daily Value

Calcium	1,200 mg (1.2g)	120%
(as Calcium Carbonate)		

Directions: For adults, take one (1) or two (2) tablets daily, preferably with a meal. Calcium and other minerals can affect the absorption of many medications. Do not take this product within 2 hours of taking medications. As a reminder, discuss the supplements and medications you take with your health care providers and follow their advice.

Other Ingredients: Croscarmellose, Cellulose Coating, Vegetable Magnesium Stearate. Coated for ease of swallowing. Vegetarian Formula. DISSOLUTION TESTED: The Calcium in this product dissolves within 30 minutes per official U.S.P. standards.

WARNING: Pregnant or lactating women should consult a doctor before using any product. Avoid this product if you have a history of kidney stones. Consult your doctor before use if you have, or have had, ANY HEALTH CONDITION or if you are taking ANY MEDICATIONS OR REMEDIES, including OTC medications, or are planning any medical procedure. Discontinue use and consult your doctor if any adverse reactions occur, such as gastrointestinal discomfort. NOT INTENDED FOR USE BY PERSONS UNDER THE AGE OF 18. 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.

No Artificial Color, Flavor or Sweetener, No Preservatives,
No Sugar, No Milk, No Lactose, No Soy, No Gluten, No
Wheat, No Yeast, No Fish, Sodium Free.