

Adequate calcium throughout life, as a part of a well-balanced diet, may reduce the risk of osteoporosis.

DIRECTIONS: Adults: take one caplet twice daily preferably with a meal, as a dietary supplement or as directed by a doctor.

As with any supplement, if you are pregnant, nursing, or taking medication, consult your doctor before use.

KEEP OUT OF REACH OF CHILDREN

Store in a dry place at room temperature

DO NOT USE IF IMPRINTED SAFETY SEAL UNDER CAP IS BROKEN OR MISSING

FREE OF: Milk, Eggs, Fish, Tree Nuts, Peanuts, Wheat, Soy, Yeast, Preservatives, Artificial Flavors

Rev. 0615



Lot No.

Exp. Date



Oyster Shell Calcium 500 mg

DIETARY SUPPLEMENT
250 CAPLETS

Supplement Facts

Serving Size 1 Caplet

Amount per caplet		% Daily Value
Calcium (as oyster shell)	500 mg	50%

OTHER INGREDIENTS: Maltodextrin, microcrystalline cellulose, croscarmellose sodium, hypromellose, titanium dioxide, magnesium stearate, stearic acid, FD&C yellow #5, FD&C blue #1, triacetin, propylene glycol, polyethylene glycol.

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