

**THE VITAMIN SHOPPE®**

# CALCIUM 1000

1000 MG PER 4 SOFTGELS

**EASY TO SWALLOW**

bone health<sup>v</sup>

healthy teeth<sup>v</sup>

**MINERAL**

Dietary Supplement **100 Softgels**



Gluten-Free



Dairy-Free



Nut-Free

actual size

## Supplement Facts

Serving Size 4 Softgels  
Serving Per Container 25

	Amount Per Serving	% Daily Value
Calories	20	
Total Fat	1.5 g	2% <sup>†</sup>
Vitamin D3 (as cholecalciferol)	10 mcg (400 IU)	50%
Calcium (as calcium carbonate)	1000 mg	77%

<sup>†</sup>Percent Daily Values are based on a 2,000 calorie diet.

**OTHER INGREDIENTS:** Gelatin, soybean oil, glycerin, purified water, yellow beeswax, titanium dioxide (color), soy lecithin.

**CONTAINS:** Soy.

**DOES NOT CONTAIN:** Gluten, Sugar, Salt.

**DIRECTIONS:** Take four (4) softgels daily, preferably with a meal.

**WARNING:** Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

<sup>v</sup> 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.

**STORE IN A COOL, DRY PLACE.**

**KEEP OUT OF REACH OF CHILDREN.**

**TAMPER EVIDENT**

Do not use if outer seal is broken or missing.

Distributed by: The Vitamin Shoppe, Secaucus, NJ 07094  
Visit [www.vitaminshoppe.com](http://www.vitaminshoppe.com) or call 1-866-293-3367.

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