

DIRECTIONS: As a dietary supplement, take 2 tablets three times daily after meals.

Regular exercise and a healthy diet with enough calcium helps all women approximately 11 to 35 years of age maintain good bone health and may reduce their high risk of osteoporosis later in life.

For persons with a family history of osteoporosis, menopausal women, or elderly men and women, adequate calcium intake is linked to reduced risk of osteoporosis through the mechanism of slowing the rate of bone loss. Adequate calcium intake is important but daily intakes above 2000 mg are not likely to provide any additional benefits.

TAMPER EVIDENT: Do not use this product if imprinted foil seal under cap is broken or missing.

Mfg. in an FDA Registered Facility using Good Manufacturing Practices (GMPs)

Keep tightly closed. Store at room temperature: 59°-86°F (15°-30°C). **KEEP OUT OF REACH OF CHILDREN.**

CAUTION: If you are pregnant or nursing, consult your physician before taking this product.

Conforms to USP <2091> for weight. Meets USP <2040> disintegration for maximum bioavailability.



CALCIUM LACTATE

**10 GRAINS
(650 MG)**

"Calcium Builds Strong Bones"

Gluten Free

Dietary Supplement

250 TABLETS

Fight OSTEOPOROSIS

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 125

Amount Per Serving		% DV
Calcium	178 mg	14%
(from 1300 mg calcium lactate)		

Other ingredients: Vegetable cellulose, vegetable stearic acid, vegetable magnesium silicate, vegetable magnesium stearate.

Six (6) Tablets Contain:		% DV
Elemental Calcium	534 mg	41%

Dist. by: **Wonder Laboratories®**
115 S.C.T. Ct., White House, TN 37188

Made in USA

Reorder # 3212

Rev.03DV