

Rugby[®]**NATURAL****CALCIUM SUPPLEMENT****Calcium-500**
mg

Helps maintain strong bones

60
TABLETS**TAMPER RESISTANT - DO NOT USE IF IMPRINTED SAFETY SEAL UNDER CAP IS BROKEN OR MISSING****DIRECTIONS: Adults:** Chew 1-2 tablets daily, preferably with a meal.

Supplement Facts

Serving Size 2 Tablets
Servings per container: 30

Amount per serving		% Daily Value
Calories	10	
Total Carbohydrates	3 g	1%*
Sugars	2 g	†
Vitamin D (as cholecalciferol)	200 IU	50%
Calcium (as calcium carbonate)	1000 mg	100%

* % Daily Values are based on a 2000 calorie diet.

† Daily Value not established.

Other Ingredients: Sugar, malted milk powder, whey, microcrystalline cellulose, vegetable stearic acid, vanilla flavor, maltodextrin, vegetable magnesium stearate, pregelatinized corn starch, dextrose, non fat dried milk, whole milk, silicon dioxide, modified food starch, gum arabic, ethyl maltol, salt, sodium bicarbonate, sodium ascorbate, medium chain triglycerides and dl-alpha tocopherol. **Contains milk, wheat.**

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

Free of soy, yeast,
artificial colors.

To preserve quality and freshness, keep bottle tightly closed.

Store between 15°-30°C (59°-86°F).

KEEP OUT OF REACH OF CHILDREN

Control No.:

Exp. Date:

Questions or comments?

Call 1-800-645-2158, weekdays 9 am-5 pm ET

www.rugbylaboratories.comMfd for: **RUGBY LABORATORIES, INC.****DULUTH, GEORGIA 30097**