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Puritan's Pride® supplements are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

**WARNING:** If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Store at room temperature. Do not use if seal under cap is broken or missing.

Coated for ease of swallowing

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**TO REORDER ITEM # 1423**  
[www.puritan.com](http://www.puritan.com)  
**1-800-645-1030**

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**PURITAN'S PRIDE, INC.**  
Rosetonoma NY 11779 U.S.A.  
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 Puritan's Pride

# Calcium XTRA

Calcium, Iron, Magnesium  
Plus Vitamins A, D, C

**BONE-ACTIVE™**  
BONE DENSITY SUPPLEMENT

**250** coated  
caplets

DIETARY SUPPLEMENT

**DIRECTIONS:** For adults, take three (3) caplets daily, preferably with a meal.

## Supplement Facts

Serving Size 3 Caplets

Servings Per Container 83

Amount Per Serving		%Daily Value
Vitamin A (as Retinyl Acetate)	1,200 mcg	103%
Vitamin C (as Ascorbic Acid)	100 mg	111%
Vitamin D (as D3 Cholecalciferol)	10 mcg (400 IU)	50%
Calcium (as Calcium Carbonate)	1,000 mg	77%
Iron (as Ferrous Gluconate)	10 mg	55%
Magnesium (as Magnesium Oxide)	500 mg	119%
Sodium	10 mg	<1%

Other Ingredients: Vegetable Cellulose. Contains <2% of: Gelatin, Vegetable Magnesium Stearate.

No Artificial Color, No Artificial Flavor, No Artificial Sweeteners, No Sugar, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish.



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