

Prod. No. 46212

IMPORTANT FACTS YOU SHOULD KNOW

- Calcium is vital to many bodily functions, helping to promote healthy blood, bones, teeth and muscles.*
- Regular exercise and a healthy diet that includes adequate amounts of Calcium are helpful in maintaining bone density.*
- Naturalist's liquid-filled Calcium may be easier to digest than Calcium tablets.
- Vitamin D is essential to Calcium absorption.*

DIRECTIONS: FOR ADULTS, TAKE TWO (2) SOFTGELS DAILY, PREFERABLY WITH A MEAL. As a reminder, discuss the supplements and medications you take with your health care providers.

For healthy teeth and bones, take this product along with Naturalist's quality Magnesium supplements.*

*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.



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NATURALIST®

Liquid Filled

Calcium 1200 MG + D

(600 mg calcium in each softgel)

**Promotes Healthy
Bones***



DIETARY SUPPLEMENT

60 SOFTGELS



Supplement Facts

Serving Size 2 Softgels

Servings Per Container 30

Amount Per Serving	%Daily Value	
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%**
Vitamin D (as Cholecalciferol)	200 IU	50%
Calcium (as Calcium Carbonate)	1,200 mg (1.2 g)	120%

**Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Soybean Oil, Gelatin, Glycerin, Soy Lecithin, Titanium Dioxide Color.

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Manufactured by Rexall Sundown, Inc.
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