

**DIRECTIONS: FOR ADULTS, TAKE ONE (1) CAPLET TWO OR THREE TIMES DAILY, PREFERABLY WITH MEALS.** As a reminder, discuss the supplements and medications you take with your health care providers.

## Supplement Facts

Serving Size 1 Caplet

Amount Per Serving		%Daily Value
Calcium (from Oyster Shell)	500 mg	50%
Sodium	5 mg	<1%

**Other Ingredients:** Vegetable Cellulose. **Contains <2% of:** FD&C Blue #1 Lake, FD&C Yellow #5 Lake, Titanium Dioxide Color, Vegetable Magnesium Stearate.

**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.

Questions? Call toll free 1-888-VITAHHELP (848-2435)  
or visit us at [www.sundownnaturals.com](http://www.sundownnaturals.com)

Manufactured by REXALL SUNDOWN, INC.  
Boca Raton, FL 33487 USA

**Sundown**  
*Naturals*

OYSTER SHELL

# Calcium

**500** MG

*Natural*  
*Oyster Shell*

**Promotes Bone Health\***

**120** CAPLETS

MINERAL SUPPLEMENT

**Smart  
Facts**

Calcium is one of the most important minerals in the body. Calcium provides the building blocks for strong bones and teeth, and plays a role in proper muscle contraction and nerve function.\* Because the body cannot produce calcium, a balanced nutritional intake, regular exercise, healthy lifestyle choices and adequate intake of calcium and Vitamin D can play a role in maintaining optimal bone health.\*

\*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.

No Artificial Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast.

KEEP OUT OF REACH OF CHILDREN.  
STORE AT ROOM TEMPERATURE AND  
AVOID EXCESSIVE HEAT. TAMPER  
RESISTANT: DO NOT USE IF SEAL  
UNDER CAP IS BROKEN OR MISSING.



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