

Prod. No.
7089



CALCIUM

500 mg USP with Vitamin D

**Coated for Easier
Swallowing**

DIETARY
SUPPLEMENT

100 TABLETS

Calcium is the primary mineral responsible for strong bones. The body also uses Calcium for proper muscle contraction and nerve function.* Vitamin D assists in maintaining a healthy immune system.*

Because the body cannot produce Calcium, a balanced diet, regular exercise, healthy lifestyle choices and adequate intake of Calcium and Vitamin D can play a role in maintaining optimal bone health.*

DIRECTIONS: For adults, take one (1) tablet two or three times a day, preferably with a meal.

Pregnant or lactating women should consult a doctor before using any product. Do not exceed recommended dose. Avoid this product if you are allergic to shellfish. **Consult doctor before use if you have, or have had, kidney stones, sarcoidosis or hyperthyroidism, or if you are taking ANY PRESCRIPTION MEDICATIONS, including hormone replacement therapy. Discontinue use and consult your doctor if any adverse reactions occur, including headache, weight loss, diarrhea or changes in urinary habits. NOT INTENDED FOR USE BY PERSONS UNDER THE AGE OF 18.**

DISSOLUTION TESTED: The Calcium in this product dissolves within 60 minutes per official U.S.P. standards.

*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.

Supplement Facts

Serving Size 1 tablet

Amount Per Serving		%Daily Value
Vitamin D (as Cholecalciferol)	125 I.U.	31%
Calcium (as Oyster Shell)	500 mg	50%

OTHER INGREDIENTS: Maltodextrin, Acacia Gum, Cellulose (Plant Origin), Croscarmellose, Cellulose Coating, Vegetable Magnesium Stearate.

TAMPER RESISTANT: Do not use if imprinted seal under cap is broken. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

**☎ Nutrition Questions or Comments?
Call NutraPhone® 1-800-433-2990
Mon.- Fri. 9 AM - 7 PM ET**

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www.NaturesBounty.com

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