Calcium is an essential mineral needed every day for proper health. 99% of the body's calcium can be found in the bones. This mineral provides the building blocks that help keep bones and teeth strong and healthy. In addition, calcium helps to support the health of other systems in the body, including the colon, heart, musculoskeletal and nervous systems, and is a component of enzymes that are required for blood clotting.*

When combined with a healthy diet and physical activity, calcium may reduce the risk of osteoporosis.

Carefully Manufactured by: Solgar, Inc. 500 Willow Tree Road Leonia, NJ 07605 U.S.A.

For more information, call toll-free 1-877-SOLGAR 4 www.solgar.com ©2010 Solgar, Inc.

SOLGB70409 00B



CHEWABLE CALCIUM 500 MG WAFER

PROMOTES A HEALTHY
MUSCULOSKELETAL SYSTEM*

GLUTEN, WHEAT & DAIRY FREE SUITABLE FOR VEGETARIANS

60 WAFERS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 2 Wafers Servings per Container: 30

Amount Per Serving		%DV
Calories	10	
Total Carbohydrate	2 g	<1%**
Sugars	2 g	***
Calcium	1000 mg	100%

Percent Daily Values (DV) are based on a 2,000 calorie diet *Daily Value (DV) not established

Other Ingredients: Natural Sweetener (granulated cane juice), Natural Coconut Flavor With Other Natural Flavors. Vegetable Magnesium Stearate, Silica.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sodium, Artificial Flavor, Artificial Sweetener, Preservatives and Color. SUGGESTED USE: As a dietary supplement for adults, take two (2) wafers daily, preferably at mealtime, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Keep out of reach of children. Store in a cool, dry place. Do not use if outer bottle seal is missing, torn or damaged in any way.

*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.

