

PL489

NO PRESERVATIVES ADDED
NO LACTOSE
NO ARTIFICIAL FLAVOR
NO GLUTEN

Calcium Carbonate Tablets USP.



ACTUAL SIZE



Longs
WELLNESS

Compare to
Caltrate® 600†

Calcium

600 mg

Dietary Supplement

500 TABLETS

Product Benefit



USP has tested and verified ingredients, potency, and manufacturing process. USP sets official standards for dietary supplements. See www.uspverified.org

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
Calcium 600 mg	60%

INGREDIENTS: Calcium Carbonate, Maltodextrin, Cellulose, Corn Starch, Croscarmellose Sodium, Hypromellose, Mineral Oil, Magnesium Stearate, Titanium Dioxide, Sodium Carboxymethylcellulose, Dextrin, Stearic Acid, Silicon Dioxide, Polyethylene Glycol, Dextrose, Lecithin, Polysorbate 80, Sodium Lauryl Sulfate, Sodium Citrate, Carnauba Wax, Crospovidone.



Distributed by Longs Drugs
Walnut Creek, CA 94596 ■■■
For further information contact
1-800-TO-LONGS or Longs.com

Individuals who do not store enough calcium throughout their lives have an increased risk for developing osteoporosis. Recently, scientists have determined that even postmenopausal women can benefit from greater calcium intake.

Osteoporosis affects middle-aged and older persons, especially those with a family history of fragile bones in later years.

While adequate calcium intake is important, daily intakes above 2000 mg are not likely to provide any additional benefit.

SUGGESTED USE: Take two tablets daily (one tablet twice a day) with food or as directed by your physician.

KEEP OUT OF THE REACH OF CHILDREN.
KEEP IN A COOL DRY PLACE, TIGHTLY CLOSED.

The product may vary in color.

†This product is not manufactured or distributed by Wyeth Holdings Corporation, owner of the registered trademark Caltrate®.

A lifetime of regular exercise and a healthful diet with adequate calcium are essential in achieving peak bone mass in teenagers and young adults and maintaining bone health during adulthood.

FRESHNESS AND POTENCY GUARANTEED THROUGH:
LNG758706