

PL481

Calcium with Vitamin
D Tablets USP.Coated Caplet
Easier To Swallow

ACTUAL SIZE

Longs[®]
WELLNESSCompare to
Citracal[®] + D†

Calcium Citrate + Vitamin D

315 mg Calcium (As Calcium Citrate)
200 I.U. Vitamin D

Dietary Supplement

120 CAPLETS

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 Caplet

Each Caplet Contains	% DV
Vitamin D 200 I.U.	50%
Calcium 315 mg	32%

INGREDIENTS: Calcium Citrate, Cellulose, Hypromellose, Stearic Acid, Talc, Polyethylene Glycol, Polyvinyl Alcohol, Croscarmellose Sodium, Sodium Starch Glycolate, Titanium Dioxide, Magnesium Stearate, Magnesium Oxide, Silicon Dioxide, Calcium Stearate, Corn Starch, Gelatin, Sodium Citrate, Polysorbate 80, Carnauba Wax, Cholecalciferol.**Contains: Soy.**Distributed by Longs Drugs
Walnut Creek, CA 94596
For further information contact
1-800-TO-LONGS or Longs.com**SUGGESTED USE:** Take one caplet two times daily with a full glass of water, preferably with a meal.**KEEP OUT OF THE REACH OF CHILDREN.** KEEP IN A COOL DRY PLACE, TIGHTLY CLOSED.**NO PRESERVATIVES ADDED**
NO ARTIFICIAL FLAVOR†Citracal[®] is a registered trademark of Mission Pharmacal Company, San Antonio, Texas 78296. This product is not manufactured or distributed by Mission Pharmacal Company.

Vitamin D assists in the absorption of calcium. 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. Individuals who do not store enough calcium throughout their lives have an increased risk for developing osteoporosis.

LNG7571R06

FRESHNESS AND POTENCY GUARANTEED THROUGH:

