

PL565

NO PRESERVATIVES ADDED
NO LACTOSE • NO ARTIFICIAL
COLOR OR FLAVOR • NO GLUTEN

No artificial colors have been
added to this formula, the
product may vary in color.
Calcium with Vitamin D
Tablets USP.

ACTUAL SIZE



Longs
WELLNESS

natural Oyster Shell Calcium 500 mg with Vitamin D Dietary Supplement

100 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

Each Tablet Contains	% Daily Value
Vitamin D 200 I.U.	50%
Calcium 500 mg	50%

INGREDIENTS: Calcium Carbonate (from Oyster Shell), Maltodextrin, Cellulose, Acacia, Croscarmellose Sodium, Mineral Oil, Hypromellose, Calcium Stearate, Gelatin, Corn Starch, Magnesium Stearate, Carnauba Wax, Polyethylene Glycol, Crospovidone, Stearic Acid (Soy), Cholecalciferol.



If you are not completely satisfied with this product,
simply return the unused portion for a full refund.

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

Suggested use: Take one tablet two to three times daily with a full glass of water,
preferably after a meal.

Keep out of the reach of children.
Keep in a cool dry place, tightly closed.

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.

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

LNG3325BR06

FRESHNESS AND POTENCY GUARANTEED THROUGH: