

PL476

Calcium Carbonate Tablets USP.
New Coated Tablet, Easier To Swallow

Longs
WELLNESS

Compare to
Os-Cal® 500†

Oyster Shell Calcium
Hi Cal™
500 mg Calcium

Dietary Supplement

100 TABLETS

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	% DV
Calcium 500 mg	50%

INGREDIENTS: Oyster Shell, Maltodextrin, Cellulose, Mineral Oil, Hypromellose, Titanium Dioxide, Polyethylene Glycol, Polysorbate 80, Yellow 5 Lake, Carnauba Wax, Blue 1 Lake, Crospovidone, Magnesium Stearate, Stearic Acid (Soy).



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.

TWO TABLETS PROVIDE: 1000 mg Calcium, 100% of the Daily Value for adults and children 4 or more years of age.

THREE TABLETS PROVIDE: 1500 mg Calcium, 115% of the Daily Value for pregnant and lactating women.

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.

KEEP OUT OF THE REACH OF CHILDREN.

KEEP IN A COOL DRY PLACE, TIGHTLY CLOSED.

†Os-Cal® is a registered trademark of Aventis Holdings, Inc., Greenville, DE 19807 and is distributed by GlaxoSmithKline Consumer Healthcare, L.P., Pittsburgh, PA 15230.

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FRESHNESS AND POTENCY GUARANTEED THROUGH:



ACTUAL SIZE

