



# calcium citrate complex

250mg

mineral  
300 capsules  
dietary supplement

bones<sup>v</sup>  
teeth<sup>v</sup>

gluten free

dairy free

soy free

nut free

actual size

## Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Calcium	250 mg	19%
(as calcium citrate and calcium carbonate)		

**Other ingredients:** Gelatin, microcrystalline cellulose, stearic acid, maltodextrin, magnesium stearate, silica.

**Does not contain:** Wheat, Gluten, Sugar, Salt, Soy, Dairy, Citrus, Fish, Preservatives, Artificial Colors or Flavors.

▼ 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.

**DIRECTIONS:** As a dietary supplement, take one (1) capsule up to four (4) times daily, preferably with meals.

**WARNING:** Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

STORE IN A COOL, DRY PLACE.  
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT  
Do not use if outer seal is broken or missing.

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