



Item No. 4063

HIGH POTENCY

CAL-1000 COMPLETE™

Calcium & Multivitamins Plus Iron

BONE-ACTIVE™
BONE DENSITY SUPPLEMENT*

250 coated
caplets

DIETARY SUPPLEMENT

DIRECTIONS: For adults, take two (2) caplets daily, preferably with meals.

Supplement Facts

 Serving Size 2 Caplets
Servings Per Container 125

Amount Per Serving	%Daily Value	
Vitamin A (as Retinyl Acetate)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin D (as D3 Cholecalciferol)	400 IU	100%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	34 IU	113%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	2 mg	133%
Riboflavin (Vitamin B-2)	1.7 mg	100%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg	100%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	6 mcg	100%
Biotin (as d-Biotin)	300 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	100%
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	1,000 mg (1 g)	100%
Iron (as Ferrous Fumarate)	15 mg	83%
Sodium	5 mg	<1%

Other Ingredients: Vegetable Cellulose. **Contains <2% of:** Gelatin, Silica, Vegetable Stearic Acid.

CAL-1000 Complete™ provides 100% of the Daily Value for Calcium and 12 essential vitamins in only 2 caplets.
Coated for ease of swallowing
No Artificial Color or Flavor, No Sugar, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Fish.

Puritan's Pride Premium supplements are produced from the finest raw materials under our stringent quality control standards. Our state-of-the-art manufacturing and packaging facilities insure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

Bone health can be dependent on many factors including heredity, diet, exercise and lifestyle. Calcium is the primary mineral responsible for strong bones.* The body also uses Calcium for proper muscle contraction and nerve function—and obtains this Calcium mainly from the bones.* Because the body cannot produce Calcium, a balanced diet, regular exercise, healthy lifestyle choices and adequate intake of Calcium and Vitamin D can play a role in maintaining optimal bone health.*

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Store at room temperature. Do not use if seal under cap is broken or missing.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

*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.

TO REORDER ITEM # 4063

 www.puritan.com
1-800-645-1030

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PURITAN'S PRIDE, INC.
Oakdale, NY 11769 U.S.A.
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