

ITEM #7513  
B7510 05E



# Calcium Citrate

Promotes  
Bone Health\*

Dietary Supplement

**200 TABLETS**



## Supplement Facts

Serving Size 5 Tablets

Servings Per Container 40

Amount Per Serving		%Daily Value
Calcium	1,000 mg	100%
(as Calcium Citrate)		

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

**No Gluten, No Yeast, No Wheat, No Milk or Milk Derivatives, No Lactose, No Soy, No Egg, No Corn, No Grapefruit, No Fish, No Sweetener, No Sugar, No Starch, No Preservatives, No Artificial Color, No Artificial Flavor, No Sodium.**

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

**Directions:** For adults, take five (5) tablets daily, preferably with a meal.

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 or from dietary intake.\* Because the body cannot produce Calcium, a balanced diet, regular exercise, healthy lifestyle choices and adequate intake of Calcium can play a role in maintaining bone health.\*

**WARNING:** If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

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