Uses: as a dietary supplement. Calcium helps build strong bones.* Directions: Adults: take 1 caplet one or two times daily with a meal.

Supplement Facts

Serving Size 1 Caplet

Amount Per Caplet		% Daily Value
Vitamin D (as cholecalciferol)	200 IU	50%
Calcium (as calcium carbonate)	600 mg	60%

Other Ingredients: cellulose, hydroxypropyl methylcellulose, titanium dioxide, polysorbate 80, polyethylene glycol 8000, cornstarch, magnesium stearate, vegetable oil, FD&C yellow #6 lake, stearic acid, crospovidone.

Keep out of the reach of children.

Store at room temperature with the bottle tightly closed.

Safety Sealed: do not use if the imprinted seal under the cap is broken or missing.

*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.

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