

**DIRECTIONS:**

Adults take one tablet daily, preferably with food or as directed by your doctor.

Calcium is an essential mineral needed for proper bone health, as well as nerve function.

**WARNING: KEEP OUT OF REACH OF CHILDREN.**

**DO NOT EXCEED RECOMMENDED DOSE.**

**DO NOT PURCHASE IF OUTER SEAL IS BROKEN OR DAMAGED**

When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

**STORE TIGHTLY CLOSED IN A COOL, DRY PLACE.**



**HUMAN**  
essentials

# Calcium 600+ Vitamin D

## For Strong Healthy Bones



### Supplement Facts

Serving Size: 1 Tablet  
Servings Per Container: 90

	Amount per Serving	% Daily Value
Calcium (as Calcium Carbonate)	600 mg	60%
Vitamin D (as Cholecalciferol)	400 IU	100%

Croscarmellose sodium , Vegetable Cellulose  
Magnesium Stearate , Natural Palm Leaf, Titanium  
Dioxide



Produced for:  
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**Dietary Supplement**  
**90 Tablets**