

USER GUIDE: USER INFORMATION
OVO CAL Adults 700 mg capsules
NUTRITION SUPPLEMENT



Before use carefully read the user guide.

PACKING: 20 capsules

INDICATIONS: Completely metabolic absorbable calcium in carbonate form.

COMPOSITION: One capsule calcium carbonate from natural organic origin contains 350 mg calcium. White gelatin capsules.

HOW TO USE: Recommended dose: for adults under 60 years 1 (one) capsule per day. Take OVO CAL Adults with food. With OVO CAL Adults regularly drink water during the day.

Maximum daily dose: Maximum daily dose for adults under 60 years is 1 (one) capsule per day.

Composition: Calcium	Ca (mg)	%RDA*
1 capsule OVO CAL contains	350	43.7%

*RDA - recommended daily allowance

WARNING: Not to exceed recommended daily dose. Not to be used as substitute for versatile food. Before use carefully read the user guide. To be kept in original packaging firmly closed, away from children's reach.

CONTRAINDICATIONS AND UNWANTED EFFECTS: Avoid using the product in case of proven sensitivity to any of the compounds contained. Overdose may lead to hypercalcemia and hypercaliuria. Additional chronic overdose may lead to vessel and tissue calcification.

INTERACTIONS: Calcium carbonate lowers effects of other medicine, therefore to be used 1-2 hours after intake of other medicine.

WAY OF STORAGE: To be kept in cold, dry place, away from sources of heat. Date of expiry refers to properly stored product kept in closed packaging.

DATE OF EXPIRY: 3 years.

Producer and holder of the approval for release of food nutrition on the market:

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