

Suggested Usage: Take 1 tablet 1 to 3 times daily.

Vitamin C is a water soluble nutrient well known for its vital role in the immune system.* Vitamin C is also necessary for the production of collagen (a structural protein in connective tissue) and is therefore important for skin, bone, and joint health.* Vitamin C is needed for amino acid metabolism, neurotransmitter synthesis, and the utilization of many nutrients, such as folic acid and iron.* It is also a highly effective antioxidant that can protect the body's cells and molecules from damage by free radicals and reactive oxygen molecules generated during normal metabolism and exposure to environmental stressors.* NOW® C-500 Complex is a blend of Acerola and Rose Hips (natural sources of Vitamin C) plus Citrus Bioflavonoids and Rutin which work synergistically to support Vitamin C utilization.*

*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Do Not Eat Freshness Packet. Keep in Bottle.

CODE 0660B V5



TABLET SIZE



C-500 Complex

Antioxidant Protection*

With Bioflavonoids, Acerola & Rose Hips

100 Tablets

A Dietary Supplement Vegetarian/Vegan

Non-GMO

Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid)	500 mg	556%
Citrus Bioflavonoid Complex	100 mg	†
Acerola Powder (<i>Malpighia puniceifolia</i>) (Fruit)	100 mg	†
Rose Hips Powder (<i>Rosa canina</i>) (Fruit)	100 mg	†
Rutin Powder (<i>Sophora japonica</i>) (Flower Bud)	10 mg	†

† Daily Value not established.

Other ingredients: Cellulose, Stearic Acid (vegetable source), Silica, Magnesium Stearate (vegetable source) and Vegetarian Coating.

NOW FOODS, 395 S. Glen Ellyn Rd.
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Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Natural color variation may occur in this product.

Store in a cool, dry place after opening. Please Recycle.

