

**Directions:** As a dietary supplement, take one capsule daily or as directed by a healthcare practitioner.

**Bluebonnet's Vitamin C-500 mg Capsules** contain pure non-GMO, identity preserved (IP) vitamin C from L-ascorbic acid. Tested for quality and purity in our own state-of-the-art laboratory. Available in easy-to-swallow vegetable capsules for maximum assimilation and absorption.

Manufactured by  
**Bluebonnet Nutrition Corporation**  
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[www.bluebonnetnutrition.com](http://www.bluebonnetnutrition.com)



# Bluebonnet



# Vitamin C

## 500 mg

Pure L-Ascorbic Acid  
Dietary Supplement



**90 Vegetable Capsules**



## Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% Daily Value
Vitamin C (as L-ascorbic acid)	500 mg	556

Daily Value based on a 2,000 calorie diet.

Other ingredients: Kosher vegetable capsules, vegetable cellulose, vegetable magnesium stearate.

**Free** of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

Also free of yeast, gluten, barley, rice, sodium and sugar.

Bluebonnet's KOF-K Certification #K-0000700