

Directions: As a dietary supplement, take two capsules once daily or as directed by a healthcare practitioner.

Bluebonnet's Optimum-C Formula Capsules contain buffered vitamin C from calcium ascorbate, rose hips and acerola. Citrus bioflavonoids from oranges, lemons, tangerines, grapefruits and limes. Plus, Leucoselect® grape seed extract from Indena, hesperidin and rutin. Available in easy-to-swallow vegetable capsules for maximum assimilation and absorption.

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

Manufactured by
Bluebonnet Nutrition Corporation
12915 Dairy Ashford, Sugar Land, TX 77478 USA
www.bluebonnetnutrition.com



Bluebonnet



Optimum-C Formula

Buffered Vitamin C, Citrus Bioflavonoids
Leucoselect® Grape Seed Extract

Dietary Supplement



90 Vegetable Capsules



Supplement Facts

Serving Size 2 Capsules

Servings Per Container 45

Amount Per Serving		% Daily Value
Vitamin C (as calcium ascorbate)	1000 mg	1111
Calcium (as calcium ascorbate)	94 mg	7
Citrus Bioflavonoid Complex	500 mg	*
Hesperidin	200 mg	*
Grape Seed Extract (95% total polyphenols providing oligomeric proanthocyanidins, monomeric polyphenols and flavonoids)	100 mg	*
Rutin	50 mg	*
Acerola	10 mg	*
Rose Hips	10 mg	*

Daily Value based on a 2,000 calorie diet.

Other ingredients: Kosher vegetable capsules, vegetable magnesium stearate.

Minerals are shown in their elemental value.