

**Directions:** As a dietary supplement, take one teaspoon (4.5 g) daily in juice or water, or as directed by a healthcare practitioner.

**Bluebonnet's Vitamin C Crystals** contain identity preserved (IP) L-ascorbic acid in its purest crystalline form. There are no excipients present. Available in easy-to-mix crystals for maximum assimilation and absorption.

Bluebonnet's KOF-K Certification #K-0000700

Manufactured by  
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# Bluebonnet



# Vitamin C Crystals

Easy-To-Mix L-Ascorbic Acid  
Dietary Supplement

**4.4 oz (125 g)**



## Supplement Facts

Serving Size 1 Teaspoon (4.5 g)  
Servings Per Container 28

Amount Per Serving		% Daily Value
Vitamin C (as L-ascorbic acid)	4500 mg	7500

Daily Value based on a 2,000 calorie diet.

Other ingredients: None.

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

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