

Directions: As a dietary supplement, take one teaspoon (5 g) daily in juice or water, or as directed by a healthcare practitioner.

Bluebonnet's Buffered C Crystals contain buffered vitamin C from calcium ascorbate in its purest crystalline form. Calcium ascorbate is an excellent source of vitamin C for individuals who are sensitive to L-ascorbic acid, as well as calcium. Available in easy-to-mix crystals for maximum assimilation and absorption.

Bluebonnet's KOF-K Certification #K-0000700

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



Bluebonnet®



Buffered C Crystals

Easy-To-Mix Calcium Ascorbate
Dietary Supplement



8.8 oz (250 g)



Supplement Facts

Serving Size 1 Teaspoon (5 g)
Servings Per Container 50

Amount Per Serving		% Daily Value
Buffered Vitamin C (as calcium ascorbate)	4100 mg	6833
Calcium (as calcium ascorbate)	375 mg	37

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.

Minerals are shown in their elemental value.