

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

Bluebonnet's Buffered Vitamin C-500 mg Capsules contain pure vitamin C from calcium ascorbate, plus citrus bioflavonoids from oranges, lemons, tangerines, grapefruit and limes plus, hesperidin and rutin. Available in easy-to-swallow vegetable capsules for maximum assimilation and absorption.

Bluebonnet's KOF-K Certification #K-0000700

Manufactured by
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Bluebonnet®



Buffered Vitamin C-500 mg

Plus Citrus Bioflavonoids
Dietary Supplement



180 Vegetable Capsules



Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% Daily Value
Vitamin C (as calcium ascorbate)	500 mg	556
Calcium (as calcium ascorbate)	56 mg	4
Citrus Bioflavonoid Complex	250 mg	*
Hesperidin	100 mg	*
(Supplying flavones [eriodictyon, narigenin, narirutin] flavonols and other related phenolics compounds)		
Rutin	10 mg	*

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.

Minerals are shown in their elemental value.

