

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

Bluebonnet's Buffered Vitamin C-1000 mg Caplets 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 caplets for maximum assimilation and absorption.

Bluebonnet's KOF-K Certification #K-0000700

Manufactured by
Bluebonnet Nutrition Corporation
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Bluebonnet®



Buffered Vitamin C-1000 mg

Plus Citrus Bioflavonoids
Dietary Supplement



180 Caplets



Supplement Facts

Serving Size 1 Caplet

Amount Per Serving		% Daily Value
Vitamin C (as calcium ascorbate)	1000 mg	1667
Calcium (as calcium ascorbate)	112 mg	11
Citrus Bioflavonoid Complex	100 mg	*
Hesperidin	25 mg	*
(Supplying flavones [eriocitrin, narigenin, narirutin] flavonols and other related phenolics compounds)		
Rutin	10 mg	*

Daily Value based on a 2,000 calorie diet.

Other ingredients: Calcium phosphate, silica, stearic acid, vegetable magnesium stearate, vegetable glaze.

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

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

Minerals are shown in their elemental value.

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