

Magnesium Ascorbate

Magnesium Ascorbate is a buffered, non-acidic form of vitamin C (pH of 7.0).

Suggested Use

As a dietary supplement, 1 or 2 capsules one to three times daily between meals, or as directed by a healthcare practitioner.

Keep in a cool, dry place, tightly capped.



Magnesium Ascorbate

Buffered Form Vitamin C

Dietary Supplement

100 vegetarian capsules

Supplement Facts

Serving Size	2 Capsules
Servings Per Container	50

Amount Per Serving	% Daily Value
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Vitamin C (as Magnesium Ascorbate)	
1000 mg	1667%

Magnesium (as Magnesium Ascorbate)	
70 mg	18%

*Percent Daily Value are based on a 2,000 calorie diet.

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, L-leucine.

Formulated exclusively
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