

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.

This nutrient is of the highest quality and purity obtainable, and does not contain preservatives, diluents, or artificial additives.

Keep in a cool, dry place, tightly capped.

CG914-1 EXR 9-12



Allergy Research Group

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%

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

Formulated exclusively for
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