



Carlson®

Mild-C®

500 mg • Buffered Vitamin C

DIETARY SUPPLEMENT

✓ Immune Support* ✓ Antioxidant* ✓ Optimal Wellness*

250 Capsules

Carlson. Providing the highest quality nutritional supplements since 1965

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 250

	Amount Per Serving	% Daily Value
Vitamin C (from calcium ascorbate)	500 mg	556%
Calcium (from calcium ascorbate)	57 mg	4%

Other Ingredients: Microcrystalline cellulose, magnesium stearate (veg.), beef gelatin capsule.

Directions: Adults: take one capsule one to four times daily **at mealtime**. Keep bottle tightly closed. Store away from heat and moisture.

Vitamin C is an essential antioxidant needed for building collagen, maintaining teeth and gum tissue health, and supporting our body's natural defenses.* **Mild-C®** contains a non-acidic form of vitamin C that's mild in the stomach.

✓ **Gluten-free** ✓ **Citrus-free**

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

**POTENCY & QUALITY
GUARANTEED**

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