

**Suggested usage:**

Children 2–3 years old: Chew 1 tablet per day or as directed by a health professional.

Children 4–8 years old: Chew 1–2 tablets per day or as directed by a health professional.

Adolescents 9–13 years old: Chew 1–4 tablets per day as directed by a health professional.

Adolescents 14–18 years old: Chew 1–6 tablets per day or as directed by a health professional.

Cautions: As with any supplement, consult your health professional before use if you are pregnant, breastfeeding, or trying to conceive, or if you are taking medication, have a medical condition, or anticipate a surgery. Keep out of the reach of children.

Big Friends Chewable Vitamin C is a delicious tangy orange chewable – sweetened by xylitol, a healthy sugar-free alternative for children that does not harm their teeth. Vitamin C helps in the development and maintenance of bones, cartilage, teeth, and gums.* A factor in the maintenance of good health.* Helps in connective tissue formation.* An antioxidant for the maintenance of good health.*

Manufactured by Natural Factors to ensure safety and potency in accordance with Good Manufacturing Practices (GMP) of the FDA and Health Canada.

Contains no artificial colors, preservatives, or sweeteners; no dairy, sugar, wheat, gluten, yeast, soy, egg, fish, shellfish, animal products, tree nuts, or GMOs. Suitable for vegetarians/vegans. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

*** This statement has not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.**

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PRODUCT OF CANADA

Manufactured by Natural Factors Canada

Distributed by NATURAL FACTORS

14224 167th Avenue SE

Monroe, WA 98272



Recyclable container and label.

**Purity & Potency
Guaranteed**

LOT & EXPIRY 1.3125" x .25" Single Line

BigFriends®

CHEWABLE

VITAMIN C 250 mg

TANGY ORANGE

Sugar & Gluten Free

Naturally Sourced
Flavors & Colors

90 Chewable Tablets



**natural
Factors**

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value for Children Under 4 Years of Age	% Daily Value for Adults and Children 4 or more Years of Age
Calories	5		
Total Carbohydrate	1 g	<1%†	<1%‡
Xylitol	1 g		
Vitamin C (ascorbic acid & sodium ascorbate)	250 mg	1,667%	278%
Sodium (sodium ascorbate)	15 mg	1%	<1%
Citrus Bioflavonoids Extract	1 mg	**	**
citrus fruits (<i>Citrus limon</i> , <i>C. sinensis</i> , <i>C. paradisi</i> , <i>C. reticulata</i> , <i>C. aurantifolia</i>) (fruit rind)			
Hesperidin Extract 4:1 from 4 mg of orange (<i>Citrus sinensis</i>) (fruit rind)	1 mg	**	**
Rosehips (<i>Rosa canina</i>) (fruit)	1 mg	**	**

† Percent Daily Values are based on a 1,000 calorie diet.

‡ Percent Daily Values are based on a 2,000 calorie diet.

** Daily Values not established.

Not a significant source of Sugar or Added Sugars.

Other ingredients: Natural sourced flavors (orange, peach, tangerine), natural sourced orange color (annatto, turmeric, paprika extract), magnesium stearate (vegetable grade), orange peel, citric acid, silicon dioxide.

