



Calcium Ascorbate

Buffered Vitamin C

Storage: Keep dry, cool & dark

100g (3.53oz)

Lot Number: 20130423

Date of manufacture Apr 23 2013

Supplement Facts

Serving Size 1000 milligrams

Servings per container: 100

Amount Per Serving	% Daily Value**
Vitamin C (as Calcium Ascorbate) 816 mg	1359%
Calcium (as Calcium Ascorbate) 100 mg	10%

* Daily Value not established.

** Based on 2,000 calorie diet

Other Ingredients: None

Free of: sugar, soy, dairy, yeast, gluten, corn and additives.

Directions: As a dietary supplement, take 500 mg (scant 1/8 tsp) to 1000 mg (scant 1/4 tsp), preferably with meals, up to three times daily, or as directed by physician.

US Standard Measuring Spoons

Spoon Size (level)	milligrams
1/16 teaspoon	297
1/8 teaspoon	594
1/4 teaspoon	1188

Warning: This product is not intended for use by those with a serious medical condition or pregnant or lactating women. Consult your physician before use. Keep out of reach of children.

These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.