UNCONDITIONALLY GUARANTEED for purity and labeled potency. Store bottle with cap tightly closed in a cool, dry place,

Precautions: Consult a health care practitioner if you are pregnant or nursing, have a serious medical condition, or use any medications. Taking this product without food may cause stomach upset. Discontinue use and consult your doctor if any adverse reactions occur. Discontinue use two weeks prior to surgery. For adults only.

Keep out of reach of children.

Due to the nature of these ingredients, color variation may occur.

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





## Vitamin C 500 mg

Suggested Use: As a dietary supplement, take 1 to 4 capsules daily with a meal.

## Supplement Facts

Serving Size: 1 Capsule Servings Per Container: 90 Vitamin C (as ascorbic acid)

Amount Per Serving

% Daily Value

500 mg 556%

Other ingredients: Hypromellose, microcrystalline cellulose Distributed by Healthy Directions, Bethesda, MD 20817 www.healthydirections.com