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**Suggested Usage:** As a dietary supplement, adults take 1 teaspoon daily or as directed by your health professional. Mix with water or juice.

**Warning:** If you are pregnant, nursing, have any health condition or taking any medication, consult your health professional before using this product.

KEEP OUT OF THE REACH OF CHILDREN.

Store in a cool, dry place. Use only if safety seal is intact.



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**Gluten-free, Non-GMO**

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.

Packaged by weight, not volume. Settling may occur.

Formula #82145 V2

# Vitamin C Crystals

Dietary Supplement



228 g (8 oz)

## Supplement Facts

Serving Size 1 Tsp. (Approx. 4 g)

Servings Per Container Approx. 57

	Amount Per Serving	%DV
Vitamin C.....	4,000 mg	4,444%
	(as ascorbic acid)	
%Daily Value (DV)		

Manufactured by: Douglas Laboratories  
600 Boyce Road, Pittsburgh, PA 15205  
[www.douglaslabs.com](http://www.douglaslabs.com) 1.800.245.4440