

## Magnesium Ascorbate

Magnesium Ascorbate is a buffered, non-acidic form of vitamin C (pH of 7.0).

### Suggested Use

As a dietary supplement, 1 or 2 capsules one to three times daily between meals, or as directed by a healthcare practitioner.

Keep in a cool, dry place, tightly capped.



# Magnesium Ascorbate

## Buffered Form Vitamin C



dietary supplement  
100 vegetarian capsules

## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 50

Amount Per Serving	% Daily Value	
Vitamin C (as Magnesium Ascorbate)	1 g	1111%
Magnesium (as Magnesium Ascorbate)	70 mg	17%

\* Percent Daily Value are based on a 2,000 calorie diet

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, L-leucine.

Formulated exclusively for  
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