

Suggested Usage: Take 1 capsule 1 to 3 times daily. Vitamin C is a water soluble nutrient well known for its vital role in the immune system.* Vitamin C is also necessary for the production of collagen (a structural protein in connective tissue) and is therefore important for skin, bone, and joint health.* Vitamin C is needed for amino acid metabolism, neurotransmitter synthesis, and the utilization of many nutrients, such as folic acid and iron.* It is also a highly effective antioxidant that can help maintain healthy tissues by neutralizing free radicals generated during normal metabolism and exposure to environmental stressors.* This product supplies calcium ascorbate, a buffered form of vitamin C that is bioavailable and non-acidic; it is enhanced with bioflavonoids, which work synergistically with vitamin C.*

*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

CAPSULE SIZE

CODE 0677B V6



C-500

Calcium Ascorbate-C

Antioxidant Protection*

- Buffered, Non-Acidic
- With Bioflavonoids



250 Capsules
A Dietary Supplement

Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1 Veg Capsule

	Amount Per Serving	% Daily Value
Vitamin C (from Calcium Ascorbate)	500 mg	556%
Calcium (from Calcium Ascorbate)	55 mg	4%
Citrus Bioflavonoid Complex	10 mg	†

† Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule), Microcrystalline Cellulose and Stearic Acid (vegetable source).

Manufactured & Quality Tested by NOW FOODS
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nowfoods.com

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

