

SUGGESTED USE Consume one or more capsules daily or as recommended by your physician. For best results take this product with food, preferably a complete meal. As with any dietary supplement, this product is most effective as part of a healthy diet and active lifestyle, along with a daily multi-vitamin-mineral formula. **For questions about the use of this product call 800.332.7799.**



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Purity. Quality. Integrity. Effectiveness.

Andrew Lessman
Andrew Lessman
Founder of ProCaps Labs



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VITAMIN C 500 PLUS B-COMPLEX

NON-ACIDIC · HYPO-ALLERGENIC
HIGH POTENCY B-COMPLEX · PLUS CALCIUM



DIETARY SUPPLEMENT



360 Easy-to-Swallow Capsules

Andrew Lessman's VITAMIN C 500 plus B-COMPLEX is a 100% additive-free, natural complex of Vitamin C plus all the essential B-Complex vitamins, including our unique absorption-protected Methylcobalamin (Natural Coenzyme Vitamin B12), as well as our metabolically active Folic Acid (Methyl Folate). The Vitamin C in this product is entirely in the form of a water-based mineral ascorbate (Calcium Ascorbate), which is entirely non-acidic, so it is guaranteed to not upset your stomach. This special form of Vitamin C promotes the greatest utilization of Vitamin C without the stomach discomfort, loss of potency and rapid nutrient loss associated with ordinary Ascorbic Acid. Vitamin C is a powerful anti-oxidant that supports the health of numerous body tissues and systems. Finally, because they are easily depleted by stress, including illness and strenuous exercise, and are key factors in the metabolism of food and creation of energy in the body, we include high potencies of all of the B-Complex vitamins.

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.

CONTAINS NO Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens or manufacturing additives.

CONTAINS NO ADDITIVES OF ANY KIND.

Supplement Facts		
Serving Size 1 Capsule		Servings Per Container 360
Amount Per Serving		%DV*
Vitamin C (as calcium ascorbate)	500 mg	556%
Vitamin B1 (as thiamin hydrochloride)	10 mg	833%
Vitamin B2 (as riboflavin)	10 mg	769%
Niacin (as niacinamide)	20 mg	125%
Pantothenic Acid (as calcium pantothenate)	10 mg	200%
Vitamin B6 (as pyridoxine hydrochloride)	10 mg	588%
Vitamin B12 (as methylcobalamin - protected Coenzyme B12)	100 mcg	4,167%
Folate Complex (as L-methylfolate/folic acid)	67 mcg DFE (25 mcg folic acid)	17%
Biotin	300 mcg	1,000%
Calcium (as calcium ascorbate/pantothenate/carbonate)	58 mg	4%
* Percent Daily Values (%DV) are based on a 2,000 calorie diet.		
Other Ingredients: Gelatin capsule, Proprietary Protective Methyl B12 Matrix.		