

Puritan's Pride® supplements are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

**WARNING:** If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

**TO REORDER ITEM # 30262**  
[www.puritan.com](http://www.puritan.com)  
1-800-645-1030

Carefully Manufactured by  
**PURITAN'S PRIDE, INC.**  
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B-025 030 14-10455



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Puritan's Pride

**C-500mg**  
with  
**Bioflavonoids**  
and **Wild Rose Hips**



**30**  
Coated Caplets

VEGETARIAN VITAMIN SUPPLEMENT

**DIRECTIONS:** For adults, take one (1) caplet up to four times daily, preferably with meals.

## Supplement Facts

Serving Size 1 Caplet

Amount Per Serving		%Daily Value
Vitamin C (as Ascorbic Acid)	500 mg	500%
Citrus Bioflavonoid Complex (Citrus spp.) (peel)	25 mg	*
Rose Hips ( <i>Rosa canina</i> ) (fruit)	14 mg	*

\*Daily Value not established.

**Other Ingredients:** Vegetable Cellulose. Contains <2% of: Silica, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

No Artificial Color, Flavor or Sweetener, No Preservatives,  
No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten,  
No Wheat, No Yeast, No Fish. Sodium Free.