

**swanson.com**  
or call 1-800-437-4148

- Vitamin C bonded to calcium so it's gentle on the stomach
- Boosts antioxidant activity
- Promotes immune health

Science-Backed Quality Since 1969

**Suggested use:** As a dietary supplement, take one tablet one to three times per day with food and water.

**WARNING:** For adults only. Consult your healthcare provider before using this or any product if you are pregnant or nursing, taking medication or have a medical condition.

Keep out of reach of children. Do not use if seal is broken. Store in a cool, dry place.

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.



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BUFFERED VITAMIN C  
Immune Health

500 mg per tablet GENTLE ON THE STOMACH

VITAMIN SUPPLEMENT | 250 TABLETS

## Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		% Daily Value
Vitamin C (from calcium ascorbate)	500 mg	556%
Calcium (from calcium ascorbate)	56 mg	4%

Other ingredients: Microcrystalline cellulose (plant fiber), polyvinylpyrrolidone, aqueous film coating, stearic acid, croscarmellose sodium, magnesium stearate.

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