

**Directions:** As a dietary supplement, take one teaspoon (4.5 g) daily in juice or water, or as directed by a healthcare practitioner.

**Bluebonnet's Vitamin C Crystals** contain identity preserved (IP) L-ascorbic acid in its crystalline form to help support immune function. There are no excipients present. Available in easy-to-mix crystals for maximum assimilation and absorption.♦

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

Bluebonnet's KOF-K Certification #K-0000700

Manufactured by  
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# Bluebonnet



# Vitamin C Crystals

Easy-To-Mix L-Ascorbic Acid  
Dietary Supplement

**4.4 oz (125 g)**



## Supplement Facts

Serving Size 1 Teaspoon (4.5 g)  
Servings Per Container 28

| Amount<br>Per Serving             |         | % Daily<br>Value |
|-----------------------------------|---------|------------------|
| Vitamin C<br>(as L-ascorbic acid) | 4500 mg | 5000             |

Daily Value based on a 2,000 calorie diet.

Other ingredients: None.

**Free** of milk, egg, fish, crustacean shellfish,  
tree nuts, peanuts, wheat and soybeans.

Also free of yeast, gluten, barley, rice,  
sodium and sugar.

♦ 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.