

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

♦ 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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0542C



Bluebonnet



Vitamin C Crystals

Easy-To-Mix L-Ascorbic Acid
Dietary Supplement



8.8 oz (250 g)



Supplement Facts

Serving Size 1 Teaspoon (4.5 g)

Servings Per Container 56

Amount Per Serving		% Daily Value
Vitamin C (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.