

**Directions:** As a dietary supplement, take one teaspoon (5 g) daily in juice or water, or as directed by a healthcare practitioner.

**Bluebonnet's Buffered C Crystals** contain buffered vitamin C from calcium ascorbate in its crystalline form to help support immune function. Calcium ascorbate is an excellent source of vitamin C for individuals who are sensitive to L-ascorbic acid, as well as calcium. 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.

Manufactured by  
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# Bluebonnet®



# Buffered C Crystals

Easy-To-Mix Calcium Ascorbate  
Dietary Supplement



**8.8 oz (250 g)**



## Supplement Facts

Serving Size 1 Teaspoon (5 g)  
Servings Per Container 50

| Amount<br>Per Serving                        |         | % Daily<br>Value |
|----------------------------------------------|---------|------------------|
| Buffered Vitamin C<br>(as calcium ascorbate) | 4100 mg | 4556             |
| Calcium<br>(as calcium ascorbate)            | 375 mg  | 29               |

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.

Minerals are shown in their elemental value.