

# Vitamin C All Natural Food Form

Gentle & Non Acidic - Superior Absorption

Packed with natural Bioflavonoids + Phytonutrients + Pectins + Essential Oils

Suitable for Vegetarians and Vegans



Food Supplement 156% NRV per capsule 120 Capsules

## DIRECTIONS:

Adults, take 1 capsule, 1–3 x per day with water and food. Do not exceed recommended daily dose.

## PRODUCT INFORMATION:

1 capsule typically provides:

Acerola Cherry Extract	500mg providing Vitamin C 125mg	156% NRV*
Parsley	50mg	
Blackcurrant Extract	108mg whole berry equivalent from 4:1 extract 27mg	
Elderberry Extract	7mg providing polyphenols 2mg	
Rosehip Extract	100mg whole fruit equivalent from 20:1 extract 5mg	

#### INGREDIENTS:

Acerola Cherry Extract, Capsule Shell: HydroxyPropyl
Methylcellulose, Microcrystalline Cellulose, Parsley Leaf,
Blackcurrant Berry Extract, Elderberry Extract, Rosehip Fruit
Extract, Maltodextrin.

# ALLERGY ADVICE:

Although rigorous precautions are taken to prevent any cross-contamination, this product is manufactured in a facility that also handles allergy-based materials such as nuts, seeds, milk, egg, cereals, soya, mustard, celery, fish, crustaceans and sulphites.

### CAUTIONS:

Always consult your health practitioner before taking nutritional supplements, especially if you are taking medication or are under medical supervision. Not recommended for use by pregnant or breastfeeding women. You should not take supplements as a substitute for a varied balanced diet or healthy lifestyle. Store in a cool dry place, out of reach of children.

# BEST BEFORE:

For best before end and batch number see base.

Manufactured in the UK to GMP code of gractice and ISB 90002008 quality assurance certification for; Countercorn Ltd., 310 Harrow Road., Middlesex., HAS 6UL.

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