SUGGESTED USE Consume one or more capsules daily or as recommended by a health care professional. For best results take this product with food, preferably a complete meal. This product is most effective as part of a healthy diet and active lifestyle, along with one of ANDREW LESSMAN'S multi-vitamin-mineral formulas. **For answers to questions about the use of this product call 800.800.1200.**

QUESTIONS? RE-ORDERS?
CALL 800.800.1200
WWW.PROCAPSLABS.COM

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ALL-SOLAR MANUFACTURING

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VITAMIN C-500 PLUS B-COMPLEX

NON-ACIDIC · HYPO-ALLERGENIC
HIGH POTENCY B-COMPLEX · PLUS CALCIUM

PROCAPS LABORATORIES
ALL-SOLAR MANUFACTURING

360 Easy-to-Swallow Capsules

Andrew Lessman's VITAMIN C-500 plus B-COMPLEX is a 100% additive-free, all-natural complex of Vitamin C plus all the essential B-Complex vitamins. The Vitamin C in this product is entirely in the form of a water-based mineral ascorbate (Calcium Ascorbate), which is entirely non-acidic, so it is guaranteed to not upset your stomach. This special form of Vitamin C promotes the greatest utilization of Vitamin C without the stomach discomfort, loss of potency and rapid nutrient loss associated with ordinary Ascorbic Acid. Vitamin C is a powerful anti-oxidant that supports the health of numerous body tissues and systems. Finally, because they are easily depleted by stress, including illness and strenuous exercise, and are key factors in the metabolism of food and creation of energy in the body, we include high potencies of all of the B-Complex vitamins.

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

CONTAINS NO Milk, soy, yeast, corn, wheat, gluten, salt, sodium, sugar, fat, cholesterol, color, preservative, common allergens or manufacturing additive.

CONTAINS NO ADDITIVES OF ANY KIND.

Supplement Facts

Serving Size 1 Capsule **Servings Per Container 360**

Amount Per Serving		%DV*
Vitamin C (as calcium ascorbate)	500 mg	833%
Vitamin B1 (as thiamin hydrochloride)	10 mg	667%
Vitamin B2 (as riboflavin)	10 mg	588%
Niacin (as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine hydrochloride)	10 mg	500%
Folic Acid	200 mcg	50%
Vitamin B12 (as cyanocobalamin)	100 mcg	1667%
Biotin	300 mcg	100%
Pantothenic Acid (as calcium pantothenate)	10 mg	100%
Calcium (as calcium ascorbate/pantothenate)	60 mg	6%

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.

Other Ingredients: Gelatin capsule.