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**Directions:** 1 or 2 capsules taken daily with food, or as professionally directed.

This product should not be used as a substitute for a varied diet and healthy lifestyle. Do not exceed the stated recommended daily intake. Do not purchase if the seal is broken. Keep out of reach of children. If you are under medical supervision, please consult a doctor before use. Store in a cool, dry place. For best before and batch, see base.

#### Vegetarian & vegan

**Vitamin C contributes to the protection of cells from oxidative stress, normal function of the immune system, normal collagen formation and function of skin.**

# BioCare®



## Vitamin C 500

Magnesium ascorbate with bilberry extract for antioxidant, immune and skin support

60 vegetable capsules  
Food supplement

### Product information per daily intake: 1 capsule

		%EC NRV*
Vitamin C	400mg	500
Magnesium	30mg	8
Bilberry Extract 4:1 (equivalent 400mg bilberries)	100mg	-

\*NRV = Nutrient Reference Value

#### Ingredients:

Vitamin C (Magnesium Ascorbate),  
Bilberry Extract (*Vaccinium sp.* Fruit),  
Capsule Shell (Hydroxypropyl Methylcellulose),  
Antioxidant (Ascorbyl Palmitate), Rice Fibre.