

Kala Health calcium ascorbate is of high quality. This buffered form of vitamin C usually causes less gastrointestinal discomfort than pure ascorbic acid.

Recommended dosage: Adults take 1 capsule daily, or as recommended. For children adapt dosage according to body weight. Do not exceed therecommended dosage.

Food Supplement, containing vitamins. A food supplement should not be used as a substitute for a varied diet.

Permitted health claims for vitamin C

- Vitamin C supports the immune system
- Vitamin C contributes to normal energy metabolism and helps to reduce fatigue
- Vitamin C has a positive effect on nervous system function and contributes to normal psychological functioning
- Vitamin C contributes to the protection of cells against oxidative damage
- Vitamin C contributes to the formation of collagen and thus supports a good condition of blood vessels, bones, cartilage, skin, gums and teeth.



CALCIUM ASCORBATE

500MG
VITAMIN C

60 CAPSULES

SUPPLEMENT FACTS

Serving Size: 1 capsule per day

Servings per container: 60

	Amount per capsule	%RI*
Calcium Ascorbate	500 mg	
of which Ascorbic Acid	425 mg	530%
of which Calcium	55 mg	7%

*RI = EU Reference Intake

Ingredients: Calciumascorbate, hydroxypropylmethyl-cellulose (vegetarian capsule).

Free from: yeast, sugar, starch, gluten, artificial flavors, colors or preservatives.

Storage: Store in a dry place at room temperature, out of reach of young children.

Lot Nr.:

Best End Before End:

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