

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 the recommended 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.



# VITAMIN C

## BUFFERED CALCIUM ASCORBATE

365 CAPSULES

#### SUPPLEMENT FACTS

**Serving Size:** 1 capsule per day

**Servings per container:** 60

	Amount per capsule	%RI*
Calcium Ascorbate	600 mg	
of which Ascorbic Acid	540 mg	675%
of which Calcium	42 mg	5%

\*RI = EU Reference Intake

**Ingredients:** Calcium ascorbate, hydroxypropylmethylcellulose (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:**

**Producer:** Kala Health BV, 2201 GN 40 - NL

**Email:** [info@kalahealth.eu](mailto:info@kalahealth.eu)

**Website:** [www.kalahealth.eu](http://www.kalahealth.eu)