

TABLET SIZE

Made in the USA



CODE 0662  
V4

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. Do Not Eat Freshness Packet. Keep in Bottle.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Vitamin C is a water soluble nutrient well known for its vital role in the immune system. Vitamin C is also necessary for the production of collagen (a structural protein in connective tissue) and is therefore important for skin, bone, and joint health. Vitamin C is needed for amino acid metabolism, hormone synthesis, and the utilization of many nutrients, such as folic acid and iron. It is also a highly effective antioxidant that can protect the body's cells and molecules from damage by free radicals and reactive oxygen molecules generated during normal metabolism and exposure to environmental stressors. NOW® C-500 Complex is a blend of Acerola and Rose Hips (natural sources of Vitamin C) plus Citrus Bioflavonoids and Rutin which work synergistically to support Vitamin C utilization.\*

**SUGGESTED USAGE:** As a dietary supplement, take 1 tablet 1 to 3 times daily.



# C-500

**ANTIOXIDANT PROTECTION\***

**Complex**  
**With Bioflavonoids,**  
**Acerola & Rose Hips**  
**250 Tablets**  
A Dietary Supplement  
Vegetarian/Vegan



## Supplement Facts

Serving Size 1 Tablet

|                                                          | Amount<br>Per Serving | % Daily<br>Value |
|----------------------------------------------------------|-----------------------|------------------|
| Vitamin C (as Ascorbic Acid)                             | 500 mg                | 833%             |
| Calcium (from Dicalcium Phosphate)                       | 85 mg                 | 9%               |
| Citrus Bioflavonoid Complex                              | 100 mg                | †                |
| Acerola Powder ( <i>Malpighia punicifolia</i> ) (Fruit)  | 100 mg                | †                |
| Rose Hips Powder ( <i>Rosa canina</i> ) (Fruit)          | 100 mg                | †                |
| Rutin Powder<br>( <i>Sophora japonica</i> ) (Flower Bud) | 10 mg                 | †                |

† Daily Value not established.

Other ingredients: Cellulose, Stearic Acid (vegetable source), Croscarmellose Sodium, Magnesium Stearate (vegetable source) and Vegetarian Coating.

Formulated & Distributed by NOW FOODS  
395 S. Glen Ellyn Rd., Bloomington, IL 60108, USA

For more product information visit [www.nowfoods.com/0662](http://www.nowfoods.com/0662)

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

**Natural color variations may occur in this product.**

Store in a cool, dry place after opening. Please Recycle.