

Naturally Sourced from Organic Fruits

Unlike other supplements that contain isolated ascorbic acid or cultured bacteria as the source of vitamin C, **Alive!® Whole Food Vitamin C** derives its entire vitamin C content from four of Mother Nature's best organic fruit sources.



Organic Acerola

Organic Kiwi



Organic Amla



Organic Goji

100% Whole Food Complex Vitamin C

Within whole foods, vitamin C is naturally part of a total complex that includes ascorbic acid, bioflavonoids and other co-factors known to aid its absorption.



Whole food source vitamin C is also naturally buffered, so it's less acidic and gentler on the stomach.

Alive!® Whole Food Vitamin C is a natural vitamin C complex just as Mother Nature perfectly grows it.

Do you have trouble swallowing capsules or tablets? Alive! 100% Whole Food Complex Vitamin C is also available in organic powder form that mixes easily into water or juice.



Nature's Way **Alive!** Whole Food Vitamin C Made with ORGANIC FRUIT

ACEROLA • GOJI • KIWI • AMLA

*Stomach Gentle • Naturally Buffered
Vegetarian • Easily Absorbed*

DIETARY SUPPLEMENT • 120 VCAPS®

SATISFACTION GUARANTEED. Safety sealed for your protection with printed outer shrinkwrap and printed inner freshness seal under bottle cap. Do not use if either seal is broken or missing. Store at room temperature. Keep bottle tightly closed. **Keep out of reach of children.**



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LBN15142.A02 (BLK8110A)

Recommendation: For 500 mg of whole food vitamin C, take 4 capsules daily. For 1,000 mg, take 4 capsules twice daily.

Supplement Facts

Serving Size 4 Capsules
Servings Per Container 30

Amount Per Serving		% DV
Total Carbohydrate	<1 g	<1%†
Vitamin C	500 mg	833%
(from organic acerola [fruit], organic goji [fruit], organic kiwi [fruit], organic amla [fruit])		

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

Other ingredients: Organic manioc root, Plant-derived capsule, Magnesium stearate, Silica.

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Green Bay, WI 54311 USA

Certified organic by
Quality Assurance International



Questions? Call 1-800-9NATURE
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Natural • Vegetarian • Non-GMO

Free of Common Food Allergens. No lactose, milk, soy, sugar, wheat or yeast. No artificial ingredients or preservatives.

Vcaps® is a registered trademark of Capsugel.

Actual Capsule Size

Looking for a more complete multi-vitamin made with fruits & vegetables? Choose Alive!® Whole Food Energizer™ multi-vitamins.