

## Naturally Sourced from Organic Fruits

Unlike other supplements that use 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 most potent organic fruit sources.



Organic  
Acerola

Organic  
Amla

Organic  
Goji

Organic  
Kiwi

**SATISFACTION GUARANTEED.** Safety sealed with outer shrinkwrap and inner freshness seal. Do not use if either seal is broken or missing. **Keep out of reach of children.**

## 100% Whole Food Complex Vitamin C

Within whole foods, vitamin C is naturally part of a total complex that includes ascorbic acid, bioflavonoids and co-factors known to aid its absorption. Food-source vitamin C is also naturally buffered, so it's less acidic and gentler on the stomach.

**Alive!® Whole Food Vitamin C** is complete vitamin C just as Mother Nature grows it.

- **Certified Organic • All-Natural**
- **Vegetarian Formula • Non-GMO**
- **Easily Absorbed • Stomach Gentle**

**Free of common food allergens.** No corn, lactose, milk, soy, sugar, wheat or yeast. No artificial ingredients or preservatives.

Stomach Gentle  
Naturally Buffered  
Easily Absorbed



# Alive!

## Whole Food

### Vitamin C

#### ORGANIC FRUIT BLEND



DIETARY SUPPLEMENT • 120g POWDER

**Recommendation:** Stir powder into an 8 ounce glass of water or juice, or add to smoothies. For **500 mg** of vitamin C take 1 rounded teaspoon daily. For **1000 mg** take 1 rounded teaspoon twice daily.



## Supplement Facts

Serving Size 1 Rounded Teaspoon (4g)

Servings per Container 30

| Amount per Serving                                                                               |        | % Daily Value |
|--------------------------------------------------------------------------------------------------|--------|---------------|
| Calories                                                                                         | 15     |               |
| Total Carbohydrate                                                                               | 3 g    | 1%†           |
| Vitamin C                                                                                        | 500 mg | 833%          |
| (from organic acerola [fruit], organic goji [fruit], organic kiwi [fruit], organic amla [fruit]) |        |               |

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

Other ingredients: Organic manioc root

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Certified organic by Quality Assurance International

**Questions?** Call 1-800-9NATURE  
or visit [naturesway.com](http://naturesway.com)

**Also Available in Capsules**



LBN15143.02 (BLK7614) (RM22.8158)



Lot #:

Best By: