

Solgar's Calcium Ascorbate Crystals is a buffered, (non acidic) formulation providing 100% pure and fully reacted calcium ascorbate. Vitamin C is a water-soluble nutrient with revered antioxidant properties. In addition to helping to fight cell-damaging free radicals, it also promotes collagen (connective tissue) formation, which is important for healthy nails, skin, hair, and joints. Vitamin C supports respiratory and immune system health, promotes blood vessel integrity, enhances healthy blood flow and is beneficial for healthy gums. It helps regenerate Vitamin E, allowing Vitamin E's antioxidant properties to be maintained. This pH-balanced formula is intended to be gentle on the stomach.*

*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.

Carefully Manufactured by:
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CALCIUM ASCORBATE CRYSTALS

(pH BALANCED / NON ACIDIC)

GLUTEN, WHEAT & DAIRY FREE

SUITABLE FOR VEGETARIANS



4.4 OZ. (125 g)

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1/4 Teaspoon (approx. 1.3 g)

Serving Per Container: About 96

Amount Per Serving		%DV
Vitamin C	1055 mg	1758%
(as calcium ascorbate)		
Calcium	120 mg	12%
(as calcium ascorbate)		

DV= Daily Value

Ingredient: Calcium Ascorbate.

**FREE OF: Gluten, Wheat, Dairy, Soy,
Yeast, Sugar, Sodium, Artificial Flavor,
Sweetener, Preservatives and Color.**

SUGGESTED USE: As a dietary supplement for adults, take one quarter (1/4) teaspoonful or more daily, preferably at mealtime, or as directed by a healthcare practitioner.

Calcium Ascorbate Crystals may be mixed in water, juices, soups or stirred into various foods. This product is produced with no additives or flow agents. Clumping or caking may occur naturally. This will not affect the nutrients' quality or potency.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Keep out of reach of children. Store in a cool, dry place. Do not use if outer bottle seal is missing, torn or damaged in any way.

Solgar's KOF-K certification #K-1250

