

Solgar's Bio Ascorbate Vitamin C Complex is a buffered (non-acidic) form of Vitamin C combined with several types of bioflavonoids, which may enhance absorption of Vitamin C. 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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SOLGB70260 01B



BIO ASCORBATE BUFFERED VITAMIN C COMPLEX

with BIOFLAVONOIDS

GENTLE / NON ACIDIC

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGETARIANS



250 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving	%DV	
Vitamin C (as calcium ascorbate)	500 mg	833%
Calcium (as calcium ascorbate)	57 mg	6%
Citrus Bioflavonoid Complex	50 mg	**
Hesperidin	50 mg	**
Rutin	25 mg	**

****Daily Value (DV) not established**

Other Ingredients: Vegetable Cellulose, Vegetable Magnesium Stearate, Microcrystalline Cellulose, Silica.

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 (1) to two (2) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner.

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

