

Vitamin C is a water-soluble vitamin that helps fight free radicals, which can lead to oxidative stress and the premature aging of cells. One of its primary functions is collagen formation, which is important for healthy nails, skin, hair, and joints. Vitamin C also plays an essential role in the functioning of white blood cells, which are vital components of the immune system. It helps to promote cardiovascular and respiratory health, and is beneficial for healthy gums. Vitamin C also helps regenerate Vitamin E, allowing Vitamin E's antioxidant properties to be maintained.*

*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:
Solgar, Inc.
500 Willow Tree Road
Leonia, NJ 07605 U.S.A.

For more information, call toll-free
1-877-SOLGAR 4
www.solgar.com
©2010 Solgar, Inc.

SOLGB73260 00B



VITAMIN C 500 MG

ANTIOXIDANT PROTECTION*
IMMUNE SUPPORT*

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	500 mg 833%

DV= Daily Value

Ingredients: L-Ascorbic Acid, Microcrystalline Cellulose, Vegetable Cellulose, Vegetable Magnesium Stearate.

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

