

**Suggested Usage:** Take 1 capsule 1 to 3 times daily.

Vitamin C is a water soluble nutrient well known for its vital role in the immune system.\* Vitamin C is also necessary for the production of collagen (a structural protein in connective tissue) and is therefore important for skin, bone, and joint health.\* Vitamin C is needed for amino acid metabolism, neurotransmitter synthesis, and the utilization of many nutrients, such as folic acid and iron.\* It is also a highly effective antioxidant that can protect the body's cells and molecules from damage by free radicals and reactive oxygen molecules generated during normal metabolism and exposure to environmental stressors.\* This product supplies Calcium Ascorbate, a buffered form of Vitamin C that is bioavailable and nonacidic; it is enhanced with Bioflavonoids, which work synergistically with Vitamin C.\*

Some scientific evidence suggests that consumption of antioxidant vitamins may reduce the risk of certain forms of cancer. However, the FDA has determined that this evidence is limited and not conclusive.

**Caution:** For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

Do Not Eat Freshness Packet.  
Keep in Bottle.

CODE 0676 V4



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CAPSULE SIZE



# C-500

## Calcium Ascorbate-C

**Antioxidant Protection\***

- Buffered, Non-Acidic
- With Bioflavonoids

**100 Capsules**

A Dietary Supplement



**Vitamins**

Family owned since 1968.

## Supplement Facts

Serving Size 1 Capsule

|                                    | Amount<br>Per Serving | % Daily<br>Value |
|------------------------------------|-----------------------|------------------|
| Vitamin C (from Calcium Ascorbate) | 500 mg                | 833%             |
| Calcium (from Calcium Ascorbate)   | 55 mg                 | 6%               |
| Citrus Bioflavonoid Complex        | 10 mg                 | †                |

† Daily Value not established.

Other ingredients: Gelatin (capsule), Cellulose and Magnesium Stearate (vegetable source).

NOW FOODS, 395 S. Glen Ellyn Rd.

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Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening. Please Recycle.

\*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.

