



Mild-C[®]

Vitamin C Crystals

DIETARY SUPPLEMENT

Supports Healthy Immune Function*

Net Wt. 6 oz (170 g)

*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Supplement Facts

Serving Size 1/2 Teaspoonful (1 level green scoopful - 2 g)
Servings Per Container 85

	Amount Per 1/2 Teaspoonful	% Daily Value
Vitamin C (from calcium ascorbate)	1600 mg	2667%
Calcium (from calcium ascorbate)	180 mg	18%

Ingredient: Pure calcium ascorbate crystals.

Directions: Take one level 1/2 teaspoonful once or twice daily for dietary supplementation. Stir into juice or beverage. Keep bottle tightly closed. Store away from heat and moisture.

✓ **Gluten-free** ✓ **Citrus-free** ✓ **Preservative-free**

Vitamin C is an essential antioxidant nutrient. It is necessary for the building of collagen, maintaining teeth and gum tissue health, and normal functioning of the body's natural defenses.*

Carlson Mild-C Crystals is pure calcium ascorbate, a buffered form of vitamin C. There is evidence that the acidity of the ascorbic acid form of vitamin C may irritate sensitive stomachs and may harm teeth. Calcium ascorbate is a non-acidic form of vitamin C that is mild in the stomach and gentle to the teeth.*

Mild-C Crystals is usually well-tolerated by food sensitive individuals as this product consists solely of high-quality calcium ascorbate - no free ascorbic acid is present.

POTENCY & QUALITY GUARANTEED

Dist. by Carlson Division of J.R. Carlson Laboratories, Inc.
Arlington Hts., IL 60004 • 888-234-5656 • 847-255-1600

www.carlsonlabs.com • **An FDA Regulated Facility**

This product is sold by weight not volume.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



3086-2b