

 *Health & longevity through the healing power of nature—that's what it means to Trust the Leaf.®*



**Buffered Vitamin C** is from mineral ascorbates, which are less acidic and maintain excellent absorption.

**Questions?** Call 1-800-9NATURE or visit [naturesway.com](http://naturesway.com). Our Buffered Vitamin C is carefully tested and produced to superior quality standards.

**SATISFACTION GUARANTEED.** Freshness & safety sealed with printed outer shrink-wrap and printed inner seal. Do not use if either seal is broken or missing. **Keep out of reach of children.**

**STORE IN A COOL, DRY PLACE**



PREMIUM

**Nature's  
Way**

QUALITY

# Buffered C-500

## MINERAL ASCORBATES



**ANTI-  
OXIDANT**

**250 Capsules / Certified Potency**

DIETARY SUPPLEMENT

**Recommendation:** Take 1 capsule one to two times daily, preferably with food.

## Supplement Facts

Serving Size 1 Capsule

| Amount Per Serving                                                        | % DV   |      |
|---------------------------------------------------------------------------|--------|------|
| Total Carbohydrate                                                        | <1 g   | <1%† |
| Vitamin C<br>(as ascorbic acid/calcium ascorbate/<br>magnesium ascorbate) | 500 mg | 833% |
| Calcium (as calcium ascorbate)                                            | 4 mg   | <1%  |
| Magnesium (as magnesium ascorbate)                                        | 4 mg   | 1%   |

†Percent Daily Values (DV) are based on a 2,000 calorie diet.

Other ingredients: Gelatin (capsule), Cellulose, Magnesium stearate

Contains no yeast, milk, lactose, wheat, sugar, soy or preservatives.

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