



PRODUCT OF USA

USE ONLY IF SEAL IS INTACT

TAMPER EVIDENT,

www.wholefoodsmarket.com



PLEASE RECYCLE
THIS BOTTLE



DIETARY
SUPPLEMENT

WHOLE FOODS™

BUFFERED
Vitamin C
500mg

with Bioflavonoids

60

VEGETARIAN CAPSULES

DIRECTIONS: TAKE 1 CAPSULE, ONE TO THREE TIMES DAILY WITH FOOD.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value	
Vitamin C (as calcium ascorbate)	500mg	833%
Calcium (as calcium ascorbate)	52mg	5%
Lemon Bioflavonoids	20mg	*
contains 90% flavonoids, 18mg		
Rutin (bioflavonoid)	10mg	*
Hesperidin (bioflavonoid)	10mg	*

*Daily Value not established.

OTHER INGREDIENTS: CELLULOSE, MAGNESIUM STEARATE (VEGETABLE SOURCE), SILICON DIOXIDE, RICE FLOUR.

ALLERGEN INFORMATION: PRODUCED IN A FACILITY THAT ALSO PROCESSES TREE NUTS, MILK, EGGS, SHELLFISH, FISH, WHEAT AND SOY.

CONTAINS NO ARTIFICIAL COLORS, FLAVORS OR PRESERVATIVES.

NOTE: IF YOU ARE PREGNANT, NURSING, HAVE ANY HEALTH CONDITION OR ARE TAKING ANY MEDICATIONS CONSULT YOUR HEALTH CARE PRACTITIONER BEFORE USING THIS PRODUCT.

KEEP OUT OF REACH OF CHILDREN
STORE IN A COOL DRY PLACE