

Read the entire label and follow the directions carefully prior to use.

DIRECTIONS: Drink one (1) level teaspoon mixed in eight ounces of water, without food, followed by an additional eight ounces of water all at once, or as recommended by a healthcare practitioner. Take up to three times per week.

CAUTION: Ascorbic acid can cause gastric upset or diarrhea for some people. This can often be alleviated by consuming it with meals or lowering the dose then gradually increasing. If you have significant kidney disease, please consult your healthcare provider before using this product.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.



LifeExtension®

Effervescent Vitamin C Magnesium Crystals



Fast-Acting Colon Support*

Dietary
Supplement

Net Wt. 180 g
(0.397 lb. or 6.35 oz.)

Supplement Facts

Serving Size 1 Level Teaspoon (approx. 6 g)

Servings per Container About 30

Amount Per Serving	% Daily Value	
Vitamin C (as ascorbic acid)	4500 mg	7500%
Vitamin B6 (as pyridoxine HCl)	4 mg	200%
Magnesium (as magnesium carbonate)	250 mg	63%

Other ingredients: none

Manufactured for:
Quality Supplements and Vitamins, Inc.
Ft. Lauderdale, FL 33309

info@lifeextension.com • www.lef.org
To report a serious adverse event or obtain product
information, contact 1-866-280-2852.

*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.

Store tightly closed in a cool, dry place.
Density may vary from lot to lot.