

**Suggested usage:**

Children 2–3 years old: Chew 1 tablet daily or as directed by a health professional.

Children 4–8 years old: Chew 1–2 tablets daily or as directed by a health professional.

Adolescents 9–13 years old: Chew 1–4 tablets daily or as directed by a health professional.

Adolescents 14–18 years old: Chew 1–6 tablets daily or as directed by a health professional.

Cautions: As with any supplement, consult your health professional before use if you are pregnant, breastfeeding, or trying to conceive, or if you are taking medication, have a medical condition, or anticipate a surgery. Keep out of the reach of children.

Big Friends Chewable Vitamin C is a delicious tangy orange chewable – sweetened by xylitol, a healthy sugar-free alternative for children that does not harm their teeth. Vitamin C helps in the development and maintenance of bones, cartilage, teeth, and gums.* A factor in the maintenance of good health.* Helps in connective tissue formation.* An antioxidant for the maintenance of good health.*

Manufactured by Natural Factors to ensure safety and potency in accordance with Good Manufacturing Practices (GMP) of the FDA and Health Canada.

Contains no artificial colors, preservatives, or sweeteners; no dairy, sugar, wheat, gluten, yeast, egg, fish, shellfish, animal products, tree nuts, or GMOs. Suitable for vegetarians/vegans. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

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

PRODUCT OF CANADA

Manufactured by Natural Factors Canada
Distributed by NATURAL FACTORS
14224 167th Avenue SE
Monroe, WA 98272



Recyclable container and label.

LOT & EXPIRY 1.3125" x .25" Single Line

BigFriends®

CHEWABLE

VITAMIN C 250 mg

TANGY ORANGE

Sugar & Gluten Free

Naturally Sourced
Flavors & Colors

90 Chewable Tablets



Supplement Facts

Serving Size 1 Chewable Tablet

	Amount Per Serving	% Daily Value for Children Under 4 Years of Age	% Daily Value for Adults and Children 4 or more Years of Age
Calories	5		
Total Carbohydrate	1 g	**	<1%‡
Sugar Alcohol	1 g	**	**
Vitamin C (ascorbic acid & sodium ascorbate)	250 mg	625%	417%
Sodium (sodium ascorbate)	15 mg	**	<1%
Citrus Bioflavonoids Extract citrus fruits (<i>Citrus limon</i> , <i>C. sinensis</i> , <i>C. paradisi</i> , <i>C. reticulata</i> , <i>C. aurantifolia</i>) (fruit rind)	1 mg	**	**
Hesperidin Extract 4:1 from 4 mg of orange (<i>Citrus sinensis</i>) (fruit rind)	1 mg	**	**
Rosehips (<i>Rosa canina</i>) (fruit)	1 mg	**	**

‡ Percent Daily Values are based on a 2,000 calorie diet.

** Daily Values not established.

Other ingredients: Xylitol, natural flavors (orange, peach, tangerine), natural orange color (annatto, turmeric, paprika extract), magnesium stearate (vegetable grade), orange peel, citric acid, silicon dioxide.

