

Suggested Usage: Take 1 tablet 1 to 3 times daily, preferably with food.

Vitamin C is an essential nutrient well known for its vital role in immune system function.* It is a highly effective antioxidant that can protect the body's structures from oxidative damage generated during normal metabolism.* Vitamin C is also necessary for the production of collagen and is therefore important for skin, bone, and joint health.* It is also needed for amino acid metabolism and the utilization of many nutrients, such as folic acid and iron.* Rose Hips, which are natural sources of ascorbic acid, have been included to complement this formula.

*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.

Some scientific evidence suggests that consumption of antioxidant vitamins may reduce the risk of certain forms of cancer. However, FDA has determined that this evidence is limited and not conclusive.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

TABLET SIZE

CODE 0670 V4



C-500

Antioxidant Protection*

With Rose Hips

100 Tablets

A Dietary Supplement Vegetarian/Vegan



Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid)	500 mg	556%
Rose Hips Powder (<i>Rosa canina</i>) (Fruit)	40 mg	†

† Daily Value not established.

Other ingredients: Cellulose, Stearic Acid (vegetable source), Magnesium Stearate (vegetable source), Silica and Vegetarian Coating.

NOW FOODS, 395 S. Glen Ellyn Rd.

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Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Natural color variation may occur in this product.

Do Not Eat Freshness Packets. Keep in Bottle.

Store in a cool, dry place after opening.

Please Recycle.

