

Suggested Usage: Mix 1/4 level teaspoon of powder into at least 6 oz. of cold water or clear liquid. Take once daily with a meal. Pure Magnesium Ascorbate Powder can increase the temperature of liquids upon contact; therefore, the recommended serving **MUST** be mixed into at least 6 oz. of cold liquid to neutralize this reaction prior to ingestion.

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.* Magnesium Ascorbate is a non-bitter, non-acidic, buffered form of Vitamin C in a highly soluble form.

*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.

Caution: This product must be dissolved into at least 6 oz. of cold water or clear liquid before consuming. Do not breathe powder and avoid contact with skin, eyes, and clothing. For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

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Pure, Buffered Magnesium Ascorbate

Antioxidant Protection*

Vitamin C Powder

NET WT. 8 OZ. (227 g)

A Dietary Supplement Vegetarian/Vegan

Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1/4 Level Teaspoon (approx. 1 g)
Servings Per Container about 227

	Amount Per Serving	% Daily Value
Vitamin C (from Magnesium Ascorbate)	820 mg	911%
Magnesium (from Magnesium Ascorbate)	60 mg	14%

Other ingredients: None.

NOW FOODS, 395 S. Glen Ellyn Rd.

Bloomington, IL 60108, USA nowfoods.com

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.

This product is sold by weight not volume.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

Please Recycle.

