

**Suggested Usage:** Take 1/2 level teaspoon 1 to 3 times daily, in juice or water.

Vitamin C is a water soluble nutrient well known for its vital role in the immune system.\* Vitamin C is necessary for the production of collagen (a structural protein in connective tissue) and is therefore important for skin, bone, and joint health.\* Vitamin C is needed for amino acid metabolism and the utilization of many nutrients such as folic acid and iron.\* It is also a highly effective antioxidant that can protect the body's cells and molecules from damage by free radicals and reactive oxygen species generated during normal metabolism and exposure to environmental stressors.\*

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

Natural color variation may occur in this product.

CODE 0791 V7



# Vitamin C Crystals

## Ascorbic Acid

**Antioxidant Protection\***

- Pure Powder
- Pharmaceutical Grade

**NET WT. 1 LB. (454 g)**

A Dietary Supplement Vegetarian/Vegan



**Vitamins**

*Family owned since 1968.*

## Supplement Facts

Serving Size 1/2 Level Teaspoon (2.25 g)  
Servings Per Container about 202

|                              | Amount<br>Per Serving | % Daily<br>Value |
|------------------------------|-----------------------|------------------|
| Vitamin C<br>(Ascorbic Acid) | 2.25 g (2,250 mg)     | 2500%            |

Other ingredients: None.

NOW FOODS, 395 S. Glen Ellyn Rd.  
Bloomington, IL 60108, USA [nowfoods.com](http://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.

Fine Ascorbic Acid dissolves more readily in liquids than regular crystalline ascorbic acid. This product is Pharmaceutical Grade.

This product is sold by weight not volume.

Store in a cool, dry place after opening.

Please Recycle.

