

DIRECTIONS: For adults, take one (1) caplet daily, preferably with a meal.

Puritan's Pride® supplements are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.



TO REORDER ITEM # 3143
www.puritan.com
1-800-645-1030

Carefully Manufactured for
PURITAN'S PRIDE, INC.
Ronkonkoma, NY 11779 U.S.A.
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WWW.PURITAN.COM

Puritan's Pride

**Super
C-1000
Complex**



250
Coated
Caplets

VEGETARIAN VITAMIN SUPPLEMENT

Supplement Facts

Serving Size 1 Caplet

Amount Per Serving		% Daily Value
Vitamin C (as Ascorbic Acid)	1,000 mg	1,111%
Citrus Bioflavonoid Complex (<i>Citrus spp.</i>) (peel)	100 mg	*
Rutin	50 mg	*
Hesperidin Complex (<i>Citrus sinensis</i>) (fruit)	25 mg	*
Rose Hips (<i>Rosa canina</i>) (fruit)	4 mg	*
Acerola (<i>Malpighia glabra</i>) (fruit)	1 mg	*
Alfalfa (<i>Medicago sativa</i>) (aerial)	1 mg	*
Barley Grass (<i>Hordeum vulgare</i>) (aerial)	1 mg	*

*Daily Value not established.

Other Ingredients: Vegetable Cellulose. **Contains <2% of:** Dicalcium Phosphate, Silica, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.