



1-866-293-3367

the Vitamin Shoppe Buffered C-Complex 300 Capsules

Product Label

Immune
Cardiovascular
Antioxidant

Directions

As a dietary supplement, take one (1) capsule daily, preferably with a meal.

Warning

Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions. Keep out of reach of children.

Does Not Contain:

Yeast, Wheat, Gluten, Sugar, Salt, Soy, Dairy, Fish, Nut, Preservatives, Artificial Colors or Flavors.

Buffered C-Complex Supplement Facts

How do you read a supplement facts label?

Supplement Facts

Serving Size 1 CAPSULE

Servings Per Container 300

	Amount Per Serving	% Daily Value
Vitamin C(As Calcium Ascorbate)	750 Mg	1250%
Calcium(As Calcium Ascorbate)	75 Mg	8%
CITRUS BIOFLAVONOID COMPLEX	100 Mg	N/A*
HESPERIDIN COMPLEX (CITRUS AURANTIUM)(FROM CITRUS PEELS)	40 Mg	N/A*
RUTIN POWDER	25 Mg	N/A*

* Daily value not established

Other Ingredients:

Gelatin, magnesium stearate.