

# PLANETARY<sup>®</sup>

## HERBALS

### TRUE TO NATURE

# C<sup>TM</sup>

VITAMIN C AS NATURE PROVIDES\*  
500 MG • 240 TABLETS

HERBAL SUPPLEMENT

## Supplement Facts

Serving Size 2 Tablets

Servings Per Container 120

	Amount Per Serving	%DV
Total Carbohydrate	1 g	<1%*
Vitamin C (as ascorbic acid, and acerola fruit extract)	1,000 mg	1,667%
Copper (as copper sebacate)	536 mcg	27%
<b>Proprietary Blend:</b>	1.07 g	†
Acerola Fruit Extract, Acai Fruit Extract, Amla Fruit, Cabbage Floret and Stem, Elderberry Fruit, Parsley Leaf, Cranberry Fruit, Rosehips Fruit, Grape Seed Extract, Lecithin, Citrus Bioflavonoid Complex, Hesperidin, Rutin, <i>Agaricus blazei</i> Mycelia Biomass, and Bilberry Fruit Extract.		

\*Percent Daily Values (%DV) are based on a 2,000 calorie diet.

†Daily Value not established.

Other ingredients: silicified microcrystalline cellulose, silica, modified cellulose gum, and stearic acid.

Contains soy.

**Suggested Use:** 2 tablets twice daily.

Planetary Herbals **TRUE TO NATURE C<sup>TM</sup>** is vitamin C as nature intended. Much more than ascorbic acid alone, TRUE TO NATURE C contains ascorbic acid with the primary bioflavonoids and added nutritional co-factors found in the naturally occurring vitamin C complex from plant sources that are essential for a complete spectrum of vitamin C activity.\*

**CAUTION:** If you are pregnant, may become pregnant, breastfeeding, or taking any prescription drug, consult your health care professional before using this product.

STORE IN A COOL, DRY PLACE.

**Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.**

**\*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.**

Manufactured for:  
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