

Organic Fruit Source Vitamin C

Unlike other supplements that use isolated ascorbic acid or cultured bacteria as the source of Vitamin C, **Alive!® Fruit Source Vitamin C** derives its entire Vitamin C content from four of Mother Nature's most potent organic fruit sources: acerola, kiwi, lycium (goji) and amla.



◆ LN15143.04 RM22.8158 C7614

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Certified organic by Quality Assurance International
Questions? 1-800-9NATURE / natureway.com



100% Fruit Source



Alive!

Vitamin C



Dietary Supplement • Drink Mix Powder • Net Wt 4.23 oz (120 g)

Recommendation: Stir powder into an 8 ounce glass of water or juice, or add to smoothies. For **500 mg** of vitamin C take 1 rounded teaspoon daily. For **1,000 mg** take 1 rounded teaspoon twice daily. If pregnant, nursing or taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 1 Rounded Teaspoon (4 g) / Servings per Container 30

Amount per Serving	% DV
Calories	15
Total Carbohydrate	3 g 1%†
Vitamin C (from organic acerola [fruit], organic kiwi [fruit], organic lycium [goji] [fruit], organic amla [fruit])	500 mg 833%

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

Other ingredients: organic maric root

Lot #:

Best By:

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Organic Fruit Source

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Organic Acerola Organic Kiwi Organic Lycium (Goji) Organic Amla

Keep out of reach of children. Safety sealed with outer shrinkwrap and inner freshness seal. Do not use if either seal is broken or missing.

100% Fruit Complex

Vitamin C in fruit is naturally part of a total complex that includes ascorbic acid, bioflavonoids and co-factors that aid absorption. **Alive!® Fruit Source Vitamin C** is complete Vitamin C just as Mother Nature grows it.

- Certified Organic
- Vegetarian Formula



Gluten Free. No corn, soy, dairy products, sugar, wheat, yeast, artificial colors, flavors or preservatives.



Alive!

Fruit Source Vitamin C



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Also Available in Vegetarian Capsules