

A dietary supplement to support immune system function and collagen health.*

Vitamin C:

- Helps maintain collagen*
- Helps form red blood cells*
- Provides antioxidant protection against free radicals*
- Supports the immune system*

VITA C 500 contains Vitamin C in a buffered Ascorbate form. Ascorbate is a Vitamin C molecule with a mineral ion. All Vitamin C must link up with a mineral before it can be absorbed into the blood stream. By supplying minerals along with Vitamin C, **VITA C 500** supports the immediate assimilation of Vitamin C in the body.* Because **VITA C 500** is in the Ascorbate form and the presence of minerals help to act as natural buffers, it helps prevent stomach irritation that is common in non-buffered formulas.*

Vitamin C or Ascorbic Acid belongs to a class of vitamins which are termed water-soluble nutrients. It is not stored in the body and should be replenished throughout the day and evening for optimal health.* As a water soluble vitamin, the body is able to excrete any unneeded levels of Vitamin C, which allows for flexible dosing.*

VITA C 500 contains Bioflavonoids, which increase the effectiveness of Vitamin C by 50%.* Calcium, Magnesium, Zinc, Manganese and Potassium are included in the **VITA C 500** formulations. The diuretic effect accompanying higher intake of Vitamin C often depletes the body's store of vital minerals. **VITA C 500** provides a bioavailable source of minerals.* Pectin has been shown to be beneficial in managing cholesterol levels within normal ranges.*

SUPPLEMENT FACTS

Serving Size: 1 Capsule

Each serving contains:

Vitamin C	
(as Ascorbic Acid and mineral Ascorbates)	500 mg
Calcium (as Ca. Carbonate and Ca. Ascorbate)	45 mg
Magnesium (as Mg. Ascorbate)	20 mg
Zinc (as Zinc Ascorbate)	1.3 mg
Manganese (as Manganese Ascorbate)	0.1 mg
Potassium (as Potassium Citrate)	30 mg
Pectin	50 mg
Mixed Citrus Bioflavonoids	50 mg
(Rose Hips, Orange, Lemon, Grapefruit, Acerola Cherry, Hesperidin, Rutin)	

Other Ingredients: hypromellose (capsule), silica, vegetarian leucine.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

Suggested Use: As a dietary supplement, take 1 capsule, 1-3 times daily with food, or as directed by your healthcare practitioner.