suggested USE Consume one or more capsules daily or as recommended by your physician. As with any dietary supplement, this product is most effective as part of a healthy diet and active lifestyle, along with a daily multi-vitaminmineral formula. For questions about the use of this product call 800,332,7799.



VITAMIN C 500 COMPLEX MILD NON-ACIDIC VITAMIN C CITRUS BIOFLAVONOIDS · CALCIUM



360 Easy-to-Swallow Capsules

Andrew Lessman's VITAMIN C 500 COMPLEX is a pure, non-acidic Vitamin C formula combined with naturally-occurring Bioflavonoids. Unlike ordinary products, this formula's Vitamin C is uniquely non-acidic and therefore gentle even to the most sensitive stomach. This special formula promotes the greatest utilization of Vitamin C without the stomach discomfort, loss of potency and rapid nutrient loss associated with ordinary Ascorbic Acid. Vitamin C is a powerful anti-oxidant that protects numerous body tissues and systems, including our immune, skeletal and circulatory systems, along with our heart, brain, liver, skin and eyes. Vitamin C is readily depleted by stress and although abundant in the healthiest of foods, it is sadly lacking from the typical American diet, which is why it has become among the most popular separate supplements in America. The Calcium Ascorbate form of Vitamin C in this formula also provides a bonus of 50 milligrams of super-soluble, easily absorbed Calcium. It also comes with natural

Citrus Bioflavonoids that are present in most Vitamin C rich foods. Our Vitamin C 500 Complex also comes in small, soft, easy-to-swallow capsules that are guaranteed gentle even to sensitive stomachs.

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.

CONTAINS NO Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens or manufacturing additives.

CONTAINS NO ADDITIVES OF ANY KIND.

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Serving Size 1 Capsule Servings Per Container 360
Amount Per Serving %DV*

500 mg 556%

(as calcium ascorbate/ascorbyl palmitate)

Calcium (as calcium ascorbate) 50 mg 4%

Citrus Bioflavonoid Complex, (fruit) 50 mg †
standardized to 80% bioflavonoids

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.
† Daily Value not established.

Y KIND. Other Ingredients: Gelatin capsule.

Vitamin C