Recommended Adult Dose: Add water to one teaspoon of Ascorbate C and mix. Take once daily, a few hours before or after taking other medications, or as recommended by your healthcare practitioner. Risk Information: For adult use only. Guaranteed to contain no added wheat, yeast, gluten, soy, artificial coloring, dairy or animal products. Ideal for vegans. Quality Assurance: Safety-sealed for your protection and for product freshness. Do not use if outer seal is missing or broken. Store in a cool, dry place. Keep out of reach of V1.0 103 children.





## Ascorbate C

VITAMIN-MINERAL SUPPLEMENT Lemon Flavor



## Supplement Facts

Serving Size 1 Teaspoon (3.7 g) Servings per Container about 67

Each Teaspoon Contains		%DV
Calories	5	
Total Carbohydrate	2 g	1%♦
Sugars	1 g	*
Vitamin C (calcium/magnesium/potassium ascorbate)	1000 mg	1667%
Calcium (calcium ascorbate)	60 mg	6%
Magnesium (magnesium ascorbate)	35 mg	9%
Potassium (potassium ascorbate)	50 mg	1%
Fructooligosaccharides (FOS)	740 mg	*
<ul> <li>Percent Daily Values (DV) are based on a 2,000 calorie di</li> <li>* Daily Value not established</li> </ul>	et	

Other ingredients: Fructose, lemon purée, lemon flavor