



C-500

This water-soluble vitamin cannot be stored by the body and should be taken on a routine basis to maintain adequate levels in the body. Vitamin C is active throughout the body. It helps to strengthen the capillaries (the tiniest blood vessels) and cell walls and is crucial for the formation of collagen. By doing that, Vitamin C prevents bruising, promotes healing and keeps gums, ligaments and tendons strong and healthy. It also aids the production of hemoglobin in red blood cells and assists the body in absorbing iron from foods.

The rose hips in the supplement are a great source of Vitamin C as well as a synergist. (A remedy which has an action similar to that of another remedy, and hence increases the efficiency of that remedy when combined with it.)

<i>CONTENTS</i>	<i>% DAILY VALUE</i>
Vitamin C (ascorbic acid with rose hips) 500mg	833%

Other Ingredients: Magnesium Stearate, Stearic Acid, and Microcrystalline Cellulose.

Suggested Use: Take one or more tablets as a dietary supplement.

WARNING

- Vitamin C can distort the accuracy of medical tests for diabetes, colon cancer and hemoglobin levels, so let your doctor know if you're taking it.
- If you have kidney stones, kidney disease or hemochromatosis, which is a genetic tendency to store excess iron, be sure to consult with your doctor before taking Vitamin C supplements.