

Buffered C 500mg

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

Buffered C 500mg 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, Buffered C 500mg supports the immediate assimilation of Vitamin C in the body.* Because Buffered C 500mg 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.*

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

Our Buffered C is available in two potencies and forms. The Buffered C 500mg is an easy to swallow vegetarian capsule, while Buffered C 1000mg is a convenient vegetarian tablet.

Directions

Take 1 capsule, 1-3 times daily with food, or as directed by your healthcare practitioner.

Does Not Contain

Gluten or meat products.

Cautions

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

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 90

Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid and Mineral Ascorbates) 500 mg	556%
Calcium (as Ca. Carbonate and Ca. Ascorbate) 45 mg	3%
Magnesium (as Mg. Ascorbate) 20 mg	5%
Zinc (as Zinc Ascorbate) 1.3 mg	12%
Manganese (as Manganese Ascorbate) 0.1 mg	4%
Potassium (as Potassium Citrate) 30 mg	1%
Pectin 50 mg	*
Mixed Citrus Bioflavonoids (Rose Hips, Orange, Lemon, Grapefruit, Acerola Cherry, Hesperidin, Rutin) 50 mg	*

*Daily Value not established.

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

***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.**