

# Buffered C

**Bottle Contains 90 Capsules**

**Two Capsules provide:**

Vitamin C (as mineral ascorbate) .....	1000 mg
Lemon Bioflavonoids .....	100 mg
Supplying:	
Active Flavonones (with hesperidin & eriocitrin) .....	24%
Active Flavonols and Flavones, Pectin, Cellulose & Naringen .....	20%
Potassium (ascorbate) .....	60 mg
Calcium (ascorbate) .....	53 mg
Magnesium (ascorbate) .....	27 mg
Zinc (ascorbate) .....	2.5 mg
Manganese (ascorbate) .....	0.1 mg

**Recommended Usage:** As a dietary supplement, take two capsules daily with meals or as recommended by your physician or health care professional.