

Vitamin C Crystals

8 oz. (226 g) powder

Item Catalog Number: 26244

Country Life Vitamin C Crystals are a powdered form of vitamin C that easily disperses in water. Vitamin C is an essential nutrient that is deficient in many diets. As vitamin C is acidic, it is recommended to brush the teeth or rinse the mouth after taking this product to prevent damage to tooth enamel if you are using the product regularly.

Supplement Facts

Serving Size 1/2 teaspoon (3 g)

Servings Per Container 75

Amount Per Serving

Vitamin C (as ascorbic acid) 3 g

Ingredients: ascorbic acid

Contains no yeast, wheat, soy, gluten, milk, salt, sugar, starch, preservatives or artificial color.

Dosage and Use

- Mix 1/4 to 1/2 teaspoon (1.5 g - 3 g) with fruit juice or water.
- Vitamin C crystals may also be sprinkled on food.
- Increase intake of vitamin C as needed.

All Contents Copyright © 1995-2009 Life Extension Foundation All rights reserved.

LifeExtension®

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease. The information provided on this site is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professional or any information contained on or in any product label or packaging. You should not use the information on this site for diagnosis or treatment of any health problem or for prescription of any medication or other treatment. You should consult with a healthcare professional before starting any diet, exercise or supplementation program, before taking any medication, or if you have or suspect you might have a health problem. You should not stop taking any medication without first consulting your physician.