

Vitamin C is an essential antioxidant nutrient. It is necessary for the building of collagen, maintaining teeth and gum tissue health, and normal functioning of the body's natural defenses.\*

Carlson Mild•C Crystals is pure calcium ascorbate, a buffered form of vitamin C. There is evidence that the acidity of the ascorbic acid form of vitamin C may irritate sensitive stomachs and may harm teeth. Calcium ascorbate is a non-acidic form of vitamin C that is mild in the stomach and gentle to the teeth.\*

Mild•C Crystals is usually well-tolerated by food sensitive individuals as this product consists solely of high-quality calcium ascorbate - no free ascorbic acid is present.

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

This product is sold by weight not volume.



# Mild•C<sup>®</sup>

## Vitamin C Crystals

DIETARY SUPPLEMENT

Supports Healthy Immune Function\*

Net Wt. 35 oz (2.2 lb) (1000 g)

## Supplement Facts

Serving Size 1/2 Teaspoonful (1 level green scoopful - 2 g)  
Servings Per Container 500

	Amount Per 1/2 Teaspoonful	% Daily Value
Vitamin C (from calcium ascorbate)	1600 mg	2667%
Calcium (from calcium ascorbate)	180 mg	18%

Ingredient: Pure calcium ascorbate crystals.

**Directions:** Take one level 1/2 teaspoonful once or twice daily for dietary supplementation. Stir into juice or beverage. Keep bottle tightly closed. Store away from heat and moisture.

✓ **Gluten-free** ✓ **Citrus-free** ✓ **Preservative-free**

This container has been carefully filled by weight to contain 1000 grams, which is 1 kilogram or 35 ounces, and does not completely fill the container. This amount fills approximately 3/4 of the container.

### POTENCY & QUALITY GUARANTEED

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J.R. Carlson Laboratories, Inc. • Arlington Heights, IL 60004  
888-234-5656 • 847-255-1600 • www.carlsonlabs.com

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