

Prod. No.  
6990



B6990 09D

NATURE'S BOUNTY

FACTS

# Ester-C<sup>®</sup>

## 500 mg

**Non-Acidic  
Stomach  
Friendly**

**COATED**  
FOR EASY  
SWALLOWING

VITAMIN C  
SUPPLEMENT

**90** TABLETS



**Ester-C<sup>®</sup> supports immune system health, healthy vision, antioxidant and cardiovascular health.\* Ester-C<sup>®</sup> is non-acidic and stomach friendly and can help meet your daily needs for Vitamin C.\***

Ester-C<sup>®</sup> Ascorbate is manufactured by a unique, water-based process that combines Vitamin C with Calcium using no chemical solvents.

**DIRECTIONS:** For adults, take one (1) tablet two times daily, preferably with a meal. Calcium and other minerals can affect the absorption of many medications. Do not take this product within 2 hours of taking medications. As a reminder, discuss the supplements and medications you take with your health care providers and follow their advice.

**WARNING:** Pregnant or lactating women should consult a doctor before using any product. Avoid this product if you have a history of kidney stones. Consult your doctor before use if you have, or have had, ANY HEALTH CONDITION or if you are taking ANY MEDICATIONS OR REMEDIES, including OTC medications, or are planning any medical procedure. Discontinue use and consult your doctor if any adverse reactions occur, such as gastrointestinal discomfort. **NOT INTENDED FOR USE BY PERSONS UNDER THE AGE OF 18.**

Ester-C<sup>®</sup> is a licensed trademark of Zila Nutraceuticals, Inc. Manufactured under U.S. Patent Nos. 4,822,816, 4,968,716, 5,070,085 6,197,813 and 6,468,980 corresponding foreign patents. Other U.S. and foreign patents pending.

\*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.

## Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value	
Total Carbohydrate	<1 g	<1%**
Vitamin C (as Ester-C <sup>®</sup> Calcium Ascorbate)	500 mg	833%
Calcium (as Ester-C <sup>®</sup> Calcium Ascorbate)	60 mg	6%
Citrus Bioflavonoid Complex ( <i>Citrus sinensis</i> ) (fruit)	200 mg	***
Rutin	10 mg	***
Hesperidin Complex ( <i>Citrus spp.</i> ) (fruit)	10 mg	***

\*\*Percent Daily Values are based on a 2,000 calorie diet.

\*\*\*Daily Value not established.

**Other Ingredients:** Cellulose (Plant Origin), Vegetable Stearic Acid, Croscarmellose, Silica, Acacia Gum, Cellulose Coating, Vegetable Magnesium Stearate.

**TAMPER RESISTANT:** Do not use if seal under cap is broken or missing. **KEEP OUT OF REACH OF CHILDREN.** Store in a dry place and avoid excessive heat.

**Nutrition Questions or Comments?**  
Call NutraPhone<sup>®</sup> 1-800-433-2990  
Mon.- Fri. 9 AM - 7 PM ET

Visit us on the Web [www.NaturesBounty.com](http://www.NaturesBounty.com)

Carefully Manufactured by  
**NATURE'S BOUNTY, INC.**  
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