

**SUGGESTED USE** Consume one capsule daily with food, preferably a complete meal. You can increase your intake based upon your needs and as guided by your health care provider. **For questions about the use of this product call 800.800.1200.**

**Since 1979, Unsurpassed Purity, Quality and Efficacy.**

**100% SOLAR PRODUCTION  
ZERO-CARBON FOOTPRINT**

**PROCAPS  
LABORATORIES**

**QUESTIONS? REORDERS?**

**800.800.1200 PROCAPS.COM**

**Manufactured by ProCaps Labs  
Henderson, NV 89011**



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607387-05M



ANDREW LESSMAN

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# VITAMIN C 500+ B-COMPLEX

**High Potency · Mild · Non-Acidic**  
Methyl Folate · Protected Methyl B12



Dietary Supplement | **360** Easy-to-Swallow Capsules

**VITAMIN C 500 + B-COMPLEX** is a 100% additive-free, natural complex of vitamin C plus all the essential B-complex vitamins, including our unique absorption-protected methylcobalamin (natural coenzyme vitamin B12), as well as our metabolically active folic acid (methyl folate). The vitamin C in this product is entirely in the form of a water-based mineral ascorbate (calcium ascorbate), which is entirely non-acidic, so it is guaranteed to not upset your stomach. This special form of vitamin C promotes the greatest utilization of vitamin C without the stomach discomfort, loss of potency and rapid nutrient loss associated with ordinary ascorbic acid. Vitamin C is a powerful antioxidant that supports the health of numerous body tissues and systems. Finally, because they are easily depleted by stress, including illness and strenuous exercise, and are key factors in the metabolism of food and creation of energy in the body, we include high potencies of all of the B-complex vitamins.

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.

**CONTAINS NO ADDITIVES OR COMMON ALLERGENS**

## Supplement Facts

Serving Size 1 Capsule	Servings Per Container 360	
Amount Per Serving		% DV*
Vitamin C (as calcium ascorbate)	500 mg	556%
Vitamin B1 (as thiamin hydrochloride)	10 mg	833%
Vitamin B2 (as riboflavin)	10 mg	769%
Niacin (as niacinamide)	20 mg	125%
Pantothenic Acid (as calcium pantothenate)	10 mg	200%
Vitamin B6 (as pyridoxine hydrochloride)	10 mg	588%
Vitamin B12 (as methylcobalamin - protected Coenzyme B12)	100 mcg	4,167%
Folate Complex (as L-5-methyltetrahydrofolate/folic acid)	67 mcg DFE (25 mcg folic acid)	17%
Biotin	300 mcg	1,000%
Calcium (as calcium ascorbate/pantothenate/carbonate)	58 mg	4%

\* Percent Daily Values (% DV).

Other Ingredients: Gelatin capsule, Proprietary Protective Methyl B12 Matrix.

**CONTAINS NO** Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens, genetically modified (GMO) ingredients or manufacturing additives.