

SUGGESTED USE Consume one capsule daily—preferably with food. You can increase your intake as required or as guided by your physician. **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

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QUESTIONS? REORDERS?
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Manufactured by ProCaps Labs
Henderson, NV 89011
887238
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VITAMIN C 500+ B-COMPLEX

High Potency · Mild · Non-Acidic
Methyl Folate · Protected Methyl B12
Pyridoxal 5'-Phosphate



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), pyridoxal 5'-phosphate form of B6, 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 Ca ascorbate/ascorbyl palmitate)	500 mg	556%
Vitamin B1 (as thiamin hydrochloride)	2.5 mg	208%
Vitamin B2 (as riboflavin)	2.5 mg	192%
Niacin (as niacinamide)	5 mg	31%
Pantothenic Acid (as calcium pantothenate)	2.5 mg	50%
Vitamin B6 (as pyridoxal 5'-phosphate)	2.5 mg	147%
Vitamin B12 (as methylcobalamin - protected Coenzyme B12)	25 mcg	1,042%
Folate (as L-5-methyltetrahydrofolate)	400 mcg DFE	100%
Biotin	50 mcg	167%
Calcium (as Ca ascorbate/pantothenate/carbonate)	58 mg	4%

* Percent Daily Values (% DV).
Other Ingredients: Natural plant cellulose vegetarian 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.