

# Gentle Vitamin C 500mg

Non-acidic formulation

## Presentation

**A clear coated yellow oval tablet.**

### Each tablet delivers:

Vitamin C (as Calcium Ascorbate)	500mg
Calcium	77mg

### Tableted with:

Cellulose, TriCalcium Phosphate, Modified Starch, Hydroxypropyl Cellulose, Anti-caking Agents (Silicon Dioxide, Magnesium Stearate, Stearic Acid), Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin).

**Disintegration time:** Less than 1 hour.

**Suitable for vegetarians**  **and vegans** 

quantity  
100

type  
tablets

code  
8131



## Uses

This product provides vitamin C in the form of calcium ascorbate, a non-acidic compound that is believed to be gentler on the stomach than ascorbic acid, which when in solution is quite acidic. This is only a problem in people who have sensitive stomachs, but anyone who is taking large amounts of vitamin C may experience digestive disturbance, in which case we highly recommend they try this Gentle Vitamin C.

Up to 2g of vitamin C can be taken using this product (4 tablets), and if this amount is being consumed, we recommend that the tablets are taken at different times during the day.

Each tablet also provides over 70mg of calcium, which can make a valuable contribution to an individual's calcium intake, particularly if they are taking several tablets per day.

### Usage and administration

1 to 4 tablets daily.

### Allergen advice

None (see page 194).

### Cautions

None known at the recommended usage.

### Storage instructions

To be stored in a cool, dry place and protected from light.

### Legal category

Food supplement.

