# Supplement Facts

Serving Size 1 vegetarian tablet

#### **Amount Per Serving**

Vitamin C (as ascorbic acid)

1000 mg

Bio-Quercetin phytosome

15 mg

(providing 5 mg quercetin [from Japanese sophora concentrate (flower bud)], phosphatidylcholine complex [from sunflower])

Other ingredients: microcrystalline cellulose, stearic acid, croscarmellose sodium, vegetable stearate, silica, coating (hydroxypropyl methylcellulose, glycerin).

Non-GMO

### Dosage and Use

Take one (1) tablet daily with food, or as recommended by a healthcare practitioner.

#### Warnings

- KEEP OUT OF REACH OF CHILDREN
- DO NOT EXCEED RECOMMENDED DOSE
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

## **Actual Size**

