Please read ‘Food Supplement Guidelines’ for details on necessary regulatory requirements for labelling.

**FRONT LABEL**

|  |
| --- |
| Vitamin C 500mg   **Food Supplement** |
| Vitamin C contributes to the normal function of the immune system. It is an antioxidant which contributes to the protection of cells from oxidative stress. |

Suitable for vegetarians and vegans

120 Capsules

**BACK LABEL**

**Directions:**

Adults, take 1-2 capsules, daily with water and food. The capsules can also be split and the powder contents sprinkled on to cold food.

Do not exceed recommended daily dose.

**Product Information:**   
1 capsule typically provides

Vitamin C 500mg 625% NRV\*

\* = Nutrient Reference Value

**Ingredients:**

Vitamin C (as Ascorbic Acid), Capsule Shell: HydroxyPropyl MethylCellulose, Bulking Agent: Microcrystalline Cellulose, Anti-Caking Agents: (Magnesium Stearate, Silicon Dioxide).

**Allergy Advice**: Although rigorous precautions are taken to prevent any cross-contamination, this product is manufactured in a facility that handles allergy-based materials.

**Cautions:**

Always consult your health practitioner before taking nutritional supplements, especially if you are taking medication or are under medical supervision. Not recommended for use by pregnant or breastfeeding women. You should not take supplements as a substitute for a varied balanced diet or healthy lifestyle. Store in a cool dry place, out of reach of children.

**Best Before:**

For best before end and batch number see base.

Manufactured to the GMP code of practice for:

Name or business name and address of the food business operator.

PLEASE NOTE: If you are selling in/exporting to the EU you will need to include the address details of the Food Business Operator, or Importer, based in the EU. You can have a UK address and an EU address if selling in both territories.

**Please give files following file names:**

Front Label: PL-482$front

Back Label: PL-482$back

**Label Size**

970px x 1655px at 300DPI (that's 84mm x 140mm)