

Vutamin C powder



Availability: In Stock
Weight: 3.50oz

Price: \$20.00

Short Description

Vitamin C is beneficial for maintaining your general health and supporting your immune system.

Description

Vitamin C is a water-soluble vitamin that is present in various foods and food plants, but in limited quantity. The recommended daily allowance of Vitamin C for adults is 75 to 90 milligrams, but higher doses have been suggested to ensure adequate supply for your body. Since it is water soluble, excess is excreted in your urine. Extreme doses may cause stomach distress or diarrhea, but the acceptable large dose is greater than 2,000 milligrams.

Ingredients

Ascorbic acid

Precautions

May interfere with certain chemo-therapies. Check with your healthcare professional if you have concerns.

Packaging

4 ounce (volume) square glass reusable spice jar.