



# Calcium Ascorbate Complex

It is easy to take large amounts of this highly available, buffered vitamin C and Calcium when it is dissolved in liquid. Each tablespoon provides 3600 mg Vitamin C and 450 mg Calcium.

## Important Reasons to use Calcium Ascorbate Complex

- When a liquid form of Calcium and/or Vitamin C is needed
- An Ascorbate is a GI tract-friendly Vitamin C
- Calcium Ascorbate forms a stable soluble complex that prevents precipitation of calcium by phosphate

The bioavailability of ascorbic acid appears equivalent whether it is in the form of liquid, powder, chewable tablets, or non-chewable tablets. It is used by the body in about 2 hours. Large doses of ascorbic acid may be irritating to the gut, causing diarrhea.

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**Supplement Facts:** Serving Size: 4.5 g (about 1 Tsp), Servings per Container: about 50  
Each teaspoon contains 3600 mg Vitamin C (calcium ascorbate) and 450 mg Calcium (calcium ascorbate)

**Suggested Use:** Mix 1 teaspoon with water or juice and drink first thing each morning or as directed by a health professional.

*The ingredients in this product are supplied by well respected USA and/or European vendors and they are analyzed for purity and quality.*

How Calcium Ascorbate Complex is Supplied:  
VMCAA 8 oz bottle

**Related Products:** Ultra Chew C, Ultra-C 1000, Calcium 280 and D, Calcium D Chelate



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*These statements have not been evaluated by the Food and Drug Administration  
Products are not intended to diagnose, treat, cure, or prevent any disease  
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