

For decades, Holland & Barrett has pioneered the manufacture of premium food supplements. Our commitment to quality is the highest in our industry. Every product undergoes rigorous analysis for purity, potency, safety and freshness *We guarantee it!*



No Artificial Colours, Flavours or Sweeteners.  
No Preservatives. No Starch, No Milk, No Lactose, No Soya,  
No Gluten, No Wheat, No Yeast, No Fish, No Porcine.

Food supplements must not be used as a substitute for a varied and balanced diet and a healthy lifestyle. If you are pregnant, breastfeeding, taking any medications or under medical supervision, please consult a doctor or healthcare professional before use. Discontinue use and consult a doctor if adverse reactions occur. Amounts greater than 1000mg daily of Vitamin C may cause mild stomach upset in sensitive individuals. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

TO REORDER PROD. # **HB4072**

[www.hollandandbarrett.com](http://www.hollandandbarrett.com)

Carefully Manufactured in the U.S.A.  
For: NBTY Europe Limited,  
Nuneaton, Warwickshire. CV10 7RH

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**HOLLAND & BARRETT**  
*we're good for you*

**TIMED RELEASE**  
Vitamin

# C-1000mg

and Wild Rose Hips  
Immune System Support

Suitable for Vegetarians and Vegans  
Food Supplement

**120**  
Coated Caplets

**DIRECTIONS:** Take one to two caplets daily, preferably with meals. Do not exceed stated dose.

## Nutritional Information

Each caplet contains:		%EC RDA*
Vitamin C	1,000mg	1,250%
Citrus Bioflavonoids	25mg	**
Rose Hips	25mg	**

\*RDA = Recommended Daily Allowance

\*\*No RDA established

**Ingredients:** Vitamin C (as Ascorbic Acid), Bulking Agents (Hydroxypropyl Methylcellulose, Microcrystalline Cellulose), Anti-Caking Agents (Stearic Acid, Silicon Dioxide, Magnesium Stearate), Citrus Bioflavonoids, Rose Hips Powder, Glazing Agents (Hydroxypropyl Methylcellulose, Triacetin), Maltodextrin, Emulsifier (Polysorbate 80).

**Allergy Advice:** Contains (or contains and ingredient/s derived from) sulphites

Specially formulated to release Vitamin C over a prolonged period of time.

Batch No. and Best Before End: