



THIS IS A GENERAL SUGGESTION FOR INTAKE.

ANYONE BELOW AGE 18 SHOULD CONSUME AT
LEAST 40mg VITAMIN C DAILY,

WOMEN SHOULD CONSUME AT LEAST 75mg OF
VITAMIN C DAILY

MEN SHOULD CONSUME AT LEAST 90mg OF
VITAMIN C DAILY.

EACH 20oz SERVING OF + IMMUNITY CONTAINS
33mg of VITAMIN C.



CLOSE