



The Internal Fitness™ Company

Defend

Vitamin C + Zinc

Antioxidant that Supports a
Healthy Immune System*

90 Tablets
Dietary Supplement

Warning: Keep out of the reach of children.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Caution: Consult with your health care practitioner before using this product, especially if you are pregnant, nursing, anticipate surgery, taking any medications on a regular basis or are otherwise under medical supervision.

Storage: Keep tightly closed. Store in a dry place and avoid excessive heat.

Our supplements are produced at an FDA registered, GMP compliant facility and contain no harmful fillers.

They are vegetarian and not tested on animals.



Directions for use: For Adults only. Adults take one (1) tablet per day with meal or liquid.

SUPPLEMENT FACTS

Serving Size: One (1) Tablet

Servings Per Container: 90

Amount Per Serving	% Daily Value	
Vitamin C (as Ascorbic Acid)	500 mg	556%
Zinc (as Zinc Oxide)	50 mg	455%

Other Ingredients: Dicalcium Phosphate Dihydrate, Microcrystalline Cellulose, Croscarmellose Sodium, Stearic Acid Food Grade (Vegetarian), Pharmaceutical Glaze and Talc, Magnesium Stearate (Vegetarian), Silicon Dioxide.

Formulated To Exclude: Gluten, Wheat, Soy, Dairy or Lactose, Yeast, Corn, Egg, Nuts, Fish, Crustacean Shellfish

Manufactured Exclusively For Ixcela, Inc.
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