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## ONCE A DAY VITAMIN C WITH BIOFLAVONOIDS

An essential protective nutrient for immunity, energy levels, skin and tissue health.

### Nutritional Information

One tablet provides:

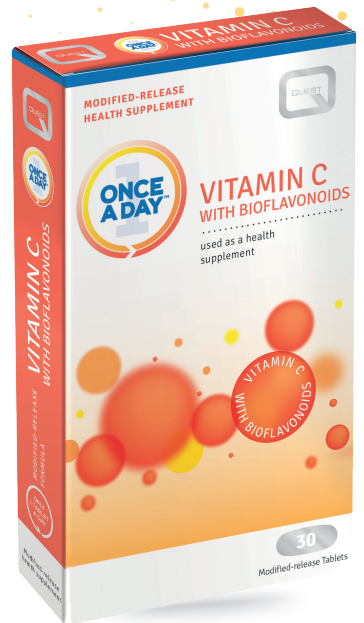
		*%NRV
Vitamin C	1000mg	1250
Citrus Bioflavonoids Complex	100mg	
Citrus Bioflavonoids (hesperidin)	35mg	

\*NRV = Nutrient Reference Values

Take one tablet daily with food. Swallow with water.

### Other ingredients:

Dicalcium phosphate anhydrous, microcrystalline cellulose, hydroxypropylmethylcellulose (HPMC) 15cps, lecithin powder (soya), magnesium stearate, hydroxypropylmethylcellulose (HPMC) SR 100,000cps.



This Brochure is Meant For  
Health Care Professionals Only

- Supports a healthy immune system.
- Increases resistance to infections and colds.
- Protects cells from oxidative damage.
- Essential for growth, development and repair of body tissues.
- Enhances energy levels and recommended for people with elevated stress.

## DESCRIPTION

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Vitamin C is an antioxidant nutrient that contributes to the protection of cells from oxidative stress and to the normal functioning of the immune system. As a water soluble nutrient, vitamin C supply in the body is used up quicker under stress leading to a lowering of immune function and increased risk of infections. Low levels are also associated with an increased risk of stroke and cardiovascular disease. Vitamin C helps towards collagen formation for many body tissues including skin, gums, teeth and cartilage found in joints. It enhances the absorption of iron in the body and is involved in energy metabolism and contributes to the reduction of tiredness and fatigue.

## VITAMIN C & THE IMMUNE SYSTEM

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**Immune cells:** Vitamin C is required for the proper function of Natural Killer T and B cells. One study showed that vitamin C was able to increase Natural Killer T and B cell function by 10-fold in patients who had the immune cells suppressed by toxins. Vitamin C completely restored immune function<sup>2</sup>.

**Vitamin C for antioxidant support:** Another mode of action of vitamin C on the immune system is its electron donation and powerful antioxidant status<sup>3</sup>. It is essential for the immune system that our oxidants are kept in check to prevent an excessive amount of reactive oxygen species (ROS) from damaging the immune cells<sup>4</sup>. One study reported that vitamin C enhances glutathione recovery after an oxidative challenge<sup>5</sup>, protecting our body from oxidative damage even further.

**Antihistamine:** Vitamin C is also a natural antihistamine, so may help to reduce the amount of histamine produced by IgE in people with allergies.

## OTHER BENEFITS OF VITAMIN C

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Vitamin C has a wide range of additional benefits. It acts as an antioxidant (preventing free radical damage). It increases the absorption of iron. It contributes to the development, growth and repair of body tissues, bones and teeth. It speeds up the healing of wounds. It helps to maintain the elasticity of the skin. It is needed for the production of anti-stress hormones. It supports the energy release process in the body. It is required for the optimal activity of several enzymes in the body. It activates certain liver detoxifying enzyme systems. It is involved in the synthesis of carnitine and noradrenalin and the metabolism of folic acid, histamine, phenylalanine, tryptophan and tyrosine. It helps protect against atherosclerosis, high blood pressure and the risk of developing cardiovascular disease.

The current recommendation of vitamin C intake, is the minimum amount needed to prevent deficiency symptoms in a healthy adult. This does not take into account our chronic stress states, our increased demand in times of illness or heart disease.

## WHY ARE THERE CITRUS BIOFLAVONOIDS IN ONCE A DAY IMMUNE C?

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Citrus bioflavonoids (natural pigments of citrus fruits) increase the absorption of vitamin C within the body. One study compared different forms of vitamin C and with bioflavonoids, or a placebo and studied the absorption rates. Ascorbic acid with bioflavonoids had the greatest absorption rates<sup>1</sup>.

## FEATURES

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- High potency 1000mg per tablet
- With added bioflavonoids to increase absorption of vitamin C
- Patented timed-release tablet releases nutrients over 6 hours

## HEALTH NEEDS

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STRESS AND  
HECTIC LIFESTYLE



HEART AND  
CIRCULATION



SENIOR'S HEALTH



DETOX AND  
CELL PROTECTION



JOINTS AND  
MUSCLES



SKIN, HAIR AND  
NAILS

## SCIENTIFIC REFERENCES

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2. J Bio chem. 2007;25:282:21:15506-15.
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4. Arteriosclerosis, thrombosis vascular biology.1999;19:2387-2394.
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