



# Vitamin C

## Indicated for Immune Health

**Vitamin C-500** is a time-released ascorbic acid with rutin, which works synergistically with vitamin C, and is designed to maximize bowel tolerance.

Because the body can only absorb about 200 mg of vitamin C at once, the time-release feature means that less is wasted and more is absorbed and metabolized over time.

### Suggested Application

We encourage 10 gms a day which would be 20 capsules.

### Ingredients

Each capsule contains 500 mg Vitamin C (ascorbic acid), rutin, nonpareil seeds (sugar spheres), microcrystalline cellulose, food glaze, gelatin (capsules).

#### Vitamin C Beadlet Powder

1 tsp=4 gms

We encourage taking about 1.25 tsp in the morning and 1.25 tsp in the evening to get to the recommended dose of 10 gms a day.



## This Unique Supplement Blend Provides:



- **Vitamin C** is a very powerful antioxidant, especially in lipid and vitamin metabolism.
- **Rutin** is a bioflavonoid with an antioxidant action.
- **Bioflavonoids** including buckwheat-derived rutin, have been used in easy bruising and capillary fragility.

### Vitamin C

- Promotes tissue healing and integrity
- Enhances immune function
  - Has an antihistamine effect
  - Has an antiviral and antibacterial effect
- Plays an active role in the production of neurotransmitters
- Involved in lipid and cholesterol metabolism
- A component of major drug metabolizing enzyme systems
- Extremely important in wound healing and immune function

The ingredients in this product are supplied by well-respected USA and/or European vendors, and they are HPLA analyzed for purity and quality. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.