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A Wonder Worker for your Immune System

Vitamin C has been called a “Wonder Worker” because of its ability to protect and strengthen the immune system. Vitamin C, also known as ascorbic acid, is a water-soluble nutrient needed by many body functions including a role in collagen formation. It is the number one selling vitamin in the United States and one of the most searched for nutrients on the internet.

Since the human body does not produce or store vitamin C, it is important to include plenty of vitamin C-rich foods in your daily diet. Most fruits and vegetables contain vitamin C. High sources of vitamin C include citrus fruits (such as oranges, lemons, grapefruits, and tangerines) and juices, green peppers, strawberries, tomatoes, broccoli, asparagus, peas, leafy greens, watermelon, and cantaloupe. While it is possible to get the minimum daily requirement of vitamin C from the food we eat, large doses may be desirable to address particular health issues and promote longevity.

Vitamin C is a weak acid in which the ascorbate ion can exist as either an acid or a mineral salt of ascorbate with a pH that is slightly basic or neutral. Generally, commercial vitamin C is a mix of ascorbic acid and/or other mineral ascorbates. Mineral ascorbates are usually buffered, less acidic, and easier for the body to assimilate. In cases where ascorbic acid causes abdominal pain or diarrhea, mineral ascorbates are usually a safer alternative. With mineral salts of ascorbic acid, the body gets both vitamin C and the accompanying mineral. For example, pure calcium ascorbate provides 114 mg of calcium per 1000 mg of ascorbic acid.

Health Benefits

Vitamin C is necessary for the growth and repair of tissues in your body. It is needed to form collagen, an important protein used to create skin, scar tissue, tendons, and blood vessels. Vitamin C is also an antioxidant that can help block some of the damage done by free radicals. Free radicals can occur as by-products when the body converts food into energy.

Vitamin C Complex

Vitamin C Complex contains 500 mg. of vitamin C (from Calcium Ascorbate, Magnesium Ascorbate, Potassium Ascorbate, and Zinc Ascorbate) and 60 mg. of Bioflavonoid Complex (Rutin, Quercetin, and Hesperidin) in an easy to swallow and assimilate vegetarian capsule form which is the best possible way to take a Vitamin C supplement. The bioflavonoids are a class of water-soluble plant pigments that help to improve the absorption and effectiveness of the vitamin C. Bioflavonoids are biologically active flavonoid compounds found throughout the entire plant kingdom.

Since the discovery of flavonoids in 1936, over 4,000 different types have been characterized. Though there are several forms of bioflavonoids in the citrus complex, the predominant ones are Rutin, Quercetin, and Hesperidin. These flavonoids exhibit beneficial effects on capillary permeability and therefore support healthy blood flow. They work synergistically with vitamin C. So, if you want to realize the benefits of having additional vitamin C in your body, try *Vitamin C Complex*.

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