



# Vitamin C Complex

Vitamin C Complex provides the necessary nutrients that support the immune system in an easily-assimilated form.

**NUTRIOTIONAL SUPPORT TO REMAIN VITAL, HEALTHY, AND BALANCED!**

SUPPLEMENT FACTS			
Serving Size 1 Teaspoon			
Amount Per Serving		% Daily Value	
Vitamin C (from sago palm and magnesium ascorbate)	1840	mg	306%
Vitamin E (as d-alpha tocopheryl succinate)	50	IU	167%
Calcium (as calcium citrate)	100	mg	10%
Magnesium (as magnesium ascorbate)	160	mg	40%
Zinc (as zinc citrate)	5	mg	33%
Selenium (as selenium citrate)	100	mcg	143%
Chromium (as chromium polynicotinate)	50	mcg	42%
Molybdenum (chelazome®)	100	mcg	133%
Sodium (as sodium bicarbonate)	192	mg	8%
Potassium (as potassium citrate)	35	mg	<2%
Flaxseed	250	mg	*
Hesperidin	75	mg	*
Rutin NFXI	50	mg	*
Vanadium Citrate	20	mg	*
Lipoic acid	15	mg	*
Tzyme™ Enzyme Blend (Protease, Phytase, alpha-Galactosidase, Glucoamylase, Pectinase, Peptidase, Cellulase, Hemicellulase)	50	mg	*
*Daily Value not established			

Other ingredients: Natural red raspberry, sodium bicarbonate (flavor enhancers).

Each bottle contains 4 oz.

**Recommended Usage:** Take 1/2 teaspoon two times daily with food or as directed by your health care practitioner.

**Indications:**

AIDS	Diabetes	Infections
Alcoholism	Eczema	Infertility
Alzheimer's	Enzyme interactions	Menopause
Asthma	Fatigue	Multiple sclerosis
Atherosclerosis	Gallbladder disease	Osteoarthritis
Autoimmune	Gingivitis	Parkinson's
Cancer	Glaucoma	Periodontal
Candidiasis	Hepatitis	Peptic ulcers
Capillary fragility	Herpes simplex	Peripheral vascul.
Cataract	Herpes zoster	Preeclampsia
Cervical dysplasia	High blood pressure	Rheumatoid arth.
Crohn's disease	Hives	Skin ulcers
Common cold	Macular degeneration	Sports injuries
Coronary artery	Mitral-valve prolapse	Wound healing

**Contraindications:**

- Avoid taking 48 hours prior to dental work
- Diarrhea
- History of kidney stones or failure
- G-6-P dehydrogenase deficiency
- Hemosiderosis / hemochromatosis (iron overload)

**NOTE:** Certain Individuals may experience mild stomach discomfort or even diarrhea. If you experience these symptoms, please add **Gastrozyme** to your regimen.

If an individual could choose only one vitamin supplement, it should be vitamin C. Although most animals can manufacture this vitamin, the human cannot. Even with all of the various vitamin deficiencies that humans have suffered throughout history, none have been as great or as frequent as scurvy. The primary function of vitamin C is to manufacture collagen, the primary protein substance of the human body. Specifically, vitamin C aids the formation of hydroxyproline. In addition to its role in collagen metabolism, vitamin C is also critical to immune function, to the manufacture of certain nerve transmitting substances and hormones, to carnitine synthesis, to the absorption and utilization of other nutritional factors, and it is even one of the most important nutritional antioxidants.

Perhaps the most significant aspect of this vitamin is its excellent poisoning capacity of the blood, serving as the perfect blood redox buffer. Americans live in a world contaminated with a wide range of toxins in our air, water, and food which all destroy vitamin C. Since most individuals ingest large quantities of sugar and processed foods, it is no wonder that over 60% of Americans receive less than the RDA of this vital nutrient. It has been estimated that 98% of all US citizens are subclinically vitamin C deficient.

Therefore, the **Vitamin C Complex** is specifically designed to accomplish all of the vitamin's unique needs while providing this nutrient in an easily-assimilated, buffered form. Although available in numerous forms, research continues to document that ascorbic acid remains the easiest to absorb, since it keeps digestive disturbances down to a minimum while providing the body with an excellent source of alkaline minerals.



#### Component Benefits:

**Vitamin C (Ascorbic acid)** is a water-soluble vitamin that plays a vital role as an antioxidant, an antiviral, an antihistamine, and as the glue that forms collagen. It also serves as a detoxifier of the liver and is involved in the formation of liver bile.

**Vitamin E (alpha tocopherol acid succinate)** is a powerful antioxidant that protects cell membranes and other fat-soluble body parts, vitamin C recharges and reactivates oxidized Vitamin E.

**Lipoic acid** is both water- and fat-soluble and is also more effective than either Vitamin E or Vitamin C alone. It can mimic the effects of Vitamin C when that vitamin is in insufficient concentrations.

**Hesperidin complex**, an organic source of Vitamin C, is a strong bioflavonoid that has been shown to reduce hot flashes, bruising, and bleeding gums.

**Non-citrus Bioflavonoids** contain all of the benefits found in hesperidin complex.

**Selenium (as Selenium citrate\*)** protects the immune system by preventing the formation of free radicals.

**Zinc (as Zinc citrate\*)** serves as an enzyme activation cofactor, a free radical scavenger, and stimulates the immune response.

**Potassium (as Potassium citrate\*)**, an alkaline mineral that is responsible for balancing acid/alkaline integrity, assists carbohydrate and protein metabolism.

**Molybdenum citrate\*** aids the body in detoxification (especially sulfites) and works synergistically with Vitamin C.

**Vanadium aspartate** helps maintain glucose regulation, thereby limiting any negative effects a large quantity of Vitamin C may have on blood sugar balance.

**Chromium Polynicotinate**, an essential trace mineral that also aids in the regulation of blood sugar levels, is needed to counteract any alterations that a large dose of Vitamin C may create.

**Calcium citrate\***, the most abundant mineral in the body, is an alkaline mineral that is needed to maintain cellular pH balance.

**Magnesium Ascorbate** is a source of Vitamin C and is essential for maintaining cellular pH balance, re-energizing Vitamin E, and is the first line of antioxidant defense.

(\*the citrate form is more readily absorbed and leaves an alkaline ash residue)

**Tzyme™ Protease Blend** is a proprietary blend of protease that aids in the lysis, targeting, and absorption of all plant-based substances. These enzymes blend with free-floating proteins and thus limit their otherwise destructive tendencies, which allows for the maximum absorption of all nutrients.

**Tzyme™ Polysaccharolytic Blend** is a proprietary blend of enzymes that facilitates the digestion of all carbohydrates and ensures the absorption of minerals by preventing the chelating effects of phytates, pectinates, and oxalates.

The powerful, synergistic ingredients in this unique Vitamin C formulation provide the necessary nutrients for supporting the immune system, for aiding the manufacture of vital hormones, and for collagen metabolism. The addition of carefully blended enzymes significantly strengthens this product's absorption capabilities. Perhaps the most vital formulation in our product line, **Vitamin C Complex** is certain to offer the support that the body needs to remain vital, healthy, and balanced.