

A formulation offering 8 forms of buffered vitamin C for optimal digestive tolerance and better retention and bioavailability. A unique, complete formula that combines a highly powerful ascorbate-mineral vitamin C with an appropriate selection of nutraceuticals to maximize the effects and benefits of vitamin C.

**Ingredients:** Calcium-L-ascorbate, magnesium L-ascorbate, L-ascorbic acid, potassium-L-ascorbate, zinc L-ascorbate, green tea leaf extract (*Camellia sinensis*), blend of berry extract (*V. myrtillus* and *V. vinifera*), citrus bioflavonoids, L-ascorbyl 6-palmitate, quercetin, rutin (from *Styphnolobium japonicum*), cranberry fruit extract (*Vaccinium macrocarpon*), grape seed extract (*Vitis vinifera*), sodium-L-ascorbate, anticaking agents: magnesium salts of fatty acids and silicon dioxide, manganese ascorbate, bilberry fruit extract (*Vaccinium myrtillus*), Japanese knotweed root extract (*Fallopia japonica*), bromelain (from *Ananas comosus*), flavour: piperine (from black pepper *Piper nigrum*), L-selenomethionine, papain (from *Carica papaya*), vegetable capsule (glazing agent: hydroxypropylmethylcellulose; purified water).

#### Nutritional information:

#### 2 capsules (1 994 mg)

Vitamin C (from calcium-L-ascorbate, magnesium-L-ascorbate, potassium-L-ascorbate, sodium-L-ascorbate, L-ascorbyl 6-palmitate, zinc L-ascorbate, manganese L-ascorbate and L-ascorbic acid)	1 054mg (1 318%*)
Zinc (from zinc L-ascorbate)	18 mg (180%*)
Manganese (from manganese L-ascorbate)	3,1 mg (156%*)
Selenium (from L-selenomethionine)	30 µg (55%*)
Citrus bioflavonoids (50% hesperidin)	40 mg
Quercetin	40 mg
Rutin (from <i>Styphnolobium japonicum</i> )	40 mg
Green tea ( <i>Camellia sinensis</i> ) (75% EGCG) (22,5 mg EGCG/caps.)	60 mg
<i>Fallopia japonica</i> (50% resveratrol)	20 mg
Berry blend (20% multianthocyanidins)	50 mg
Bilberry (25% anthocyanosides)	20 mg
Grape seed (95% proanthocyanidins)	40 mg
Cranberry ( <i>Vaccinium macrocarpon</i> ) (107:1)	40 mg
Piperine (from black pepper <i>Piper nigrum</i> )	2 mg
Bromelain (from <i>Ananas comosus</i> ) (2 400 GDU/g)	360 000 FCC PU
Papain (from <i>Carica papaya</i> )	100 000 FCC PU

\*NRV: Nutrient Reference Value in %

FCC: Food Chemicals Codex; PU: Papain units

#### Size and format:

45 and 90 vegetable capsules

#### Recommended daily dose:

1 capsule twice daily with food.

Consult a health care practitioner for use beyond 4 weeks.

Do not exceed the stated recommended daily dose (2 caps.). Do not consume a daily amount of 800 mg of EGCG or more.

#### Indications and uses:

Different studies have shown that the ingredients in VITAMIN C<sup>8</sup> can be of help for the following:

Periods of greater physical (sports) or mental exertion, fatigue (springtime asthenia, convalescence, iron-deficiency anemia), and situations of greater oxidative stress (stress, smoking, certain chronic pathologies...).

As support for connective tissue, muscles, blood vessels, bones and teeth (wound-healing, bone fractures...), the immune system (viral and bacterial infections), and non-specific bleeding (gingivitis, stomatitis...).

#### Cautions:

Should not be used by pregnant or lactating women, children below 18 years old, if you are taking anticoagulants, antibiotics or sedatives, if you are already using other products containing green tea, or on empty stomach.. Consult a health care practitioner prior to use if you have hypertension; if you have a liver disorder or develop symptoms of liver trouble (such as abdominal pain, dark urine, or jaundice); if you have a history of kidney stones; if you have gastrointestinal lesions/ulcers; if you are taking anti-inflammatory agents or other enzyme products; if you are having surgery; if you are taking any prescription medications; if you have an iron deficiency; if you are taking blood-pressure medication; or if you are taking any medications or natural health products. Discontinue use if signs of allergy or symptoms of gastrointestinal distress occur. Consult a health care practitioner prior to use if you have allergy to latex or fruits (such as avocado, banana, chestnut, passion fruit, fig, melon, mango, kiwi, pineapple, peach, and tomato). Hypersensitivity/allergy has been known to occur; in which case, discontinue use.

**VITAMIN C:** Vitamin C plays an important role in human health since it forms part of the antioxidant defence system, helping protect cells against oxidative damage, and reducing the negative effects this process has on the development of certain chronic pathologies associated with cardiovascular disease and neurological disorders, bone and joint pathology, diabetes and cancer. Specifically, when it comes to cardiovascular health, it impedes the oxidation of LDL cholesterol and prevents oxidative damage to blood vessel walls. Its benefits extend to a reduction of arterial pressure, decreased risk of coagulation and reinforcement of vascular and capillary endothelia. Along with other antioxidants, it has a prominent role in ocular health as it delays progression to age-related macular degeneration and vision loss<sup>(1-4)</sup>.

It supports the immune system by increasing defence cells and has proven to be effective at reducing the symptoms and duration of the common cold. It also has a positive effect on connective tissue, as it intervenes in the formation of collagen, structural fibres that are essential for proper bone, teeth, cartilage, gum, skin and blood vessel function. Vitamin C is also involved in the synthesis of neurotransmitters and peptide hormones for proper nervous system and psychological function<sup>(3-6)</sup>.

Vitamin C contributes to proper cell energy production, reducing tiredness and fatigue and improving iron absorption from plant sources, making it especially important for vegetarians and vegans. It is also associated with better sports performance, since vitamin C is a co-factor of carnitine and increases cardiac capacity. It favours proper immune response during and after intense physical exercise<sup>(4,6-8)</sup>.

Our formulation offers a superior form of vitamin C since it includes an ascorbate-mineral and ascorbyl palmitate complex for better absorption, and is non-acidifying so it is mild on the stomach. It also provides calcium, magnesium, potassium, zinc, manganese, selenium and sodium, making it a good source of electrolytes<sup>(9-11)</sup>.

- **Calcium ascorbate:** This allows for better bioavailability of both compounds. Calcium ascorbate supplementation has been shown to let a higher concentration of vitamin C into leukocytes and is more effective than vitamin C alone.
- **Magnesium ascorbate:** When combined with ascorbic acid, magnesium improves the flexibility of blood vessels, thus reducing the risk of cardiovascular disease.
- **Potassium ascorbate:** Potassium is an essential mineral for the maintenance of electrolyte balance in cells and for cardiac function.
- **Zinc ascorbate:** When combined, these minerals play an important role in immune function, reducing the risk, duration and severity of certain infectious pathologies.
- **Sodium ascorbate:** This is a buffered form that is absorbed better than the acidic form.
- **Selenium ascorbate:** Selenium combined with vitamin C strengthens the immune system, showing a decrease in symptoms associated with the common cold.
- **Manganese ascorbate:** Manganese is very important for the development of cartilage and bone, and is related with the nervous system and brain. Its function in the immune system and its protective action against oxidation are well defined.
- **Ascorbyl palmitate:** This is a form of vitamin C which, thanks to its liposolubility, protects against the oxidation of cell membranes, LDL lipoprotein and vitamin E.

**CITRUS BIOFLAVONOIDS, QUERCETIN AND RUTIN:** In general, flavonoids are powerful antioxidants that are associated with cardiovascular health, blood vessel strength, immune function and the treatment of asthma, allergies and certain inflammatory processes. Citrus bioflavonoids have been included in this formulation to maximize the effects of vitamin C since these compounds have been shown to increase its bioavailability by 35%, according to research<sup>(1,2,11)</sup>.

**GREEN TEA EXTRACT (75% EGCG):** This extract is highly powerful (each capsule is the equivalent of 3 cups of green tea) with 75% epigallocatechin gallate (EGCG) guaranteed, the active principle responsible for the majority of the benefits of this plant. It's an active antioxidant that has been related to pathologies involving oxidative stress and inflammatory processes. Studies therefore relate this plant with the prevention of cardiovascular disease, glycaemia, obesity, cancer, Alzheimer's disease and Parkinson's disease<sup>(12,13)</sup>.

**BERRY BLEND (20% MULTI-ANTHOCYANIDINS), BILBERRY EXTRACT (25% ANTHOCYANOSIDES), GRAPESEED EXTRACT (95% PROANTHOCYANIDINS), CRANBERRY EXTRACT (107:1):** Proanthocyanidins, anthocyanidins and cyanidins are flavonoids that exert a powerful antioxidant action. The flavonoids concentrated in VITAMIN-C<sup>8</sup> possess anti-inflammatory, anti-allergy, anti-platelet, antiviral, anti-carcinogenic and connective tissue stabilizing properties. They counteract the oxidation of lipoprotein (LDL) as well as any thrombotic tendency. They're important for vascular health and collagen formation, and play a crucial role in healing varicose veins and contusions. Blueberry extract is an antioxidant that's associated with healthy vision. Grapeseed extract is rich in polyphenolic compounds and oligomeric proanthocyanidin complexes (OPCs), which have proven efficacy on venous insufficiency and edema. Ultra cranberry concentrate has antioxidant, anti-inflammatory and antibacterial properties.

**RESVERATROL:** This polyphenol is extracted from the *Polygonum cuspidatum* root, the number one natural source of highly pure resveratrol. It is essential for anti-ageing therapies, and its benefits are associated with cardiovascular health and longevity<sup>(14)</sup>.

**BLACK PEPPER EXTRACT (95% PIPERINE):** Piperine is an alkaloid that has been shown to strengthen the bioavailability of other active principles, increase the absorption of other nutraceuticals and extend the therapeutic effect of VITAMIN-C<sup>8(15)</sup>.

**BROMELAIN 2 400 GDU AND PAPAINE 100 000 FCC PU:** Bromelain, from pineapple and papain, from papaya are essential proteolytic enzymes for protein digestion. Both increase the bioavailability of the ascorbate-nutraceutical matrix, and have recognized anti-inflammatory activity<sup>(16,17)</sup>.

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