

Liposomal Vitamin C & Zinc– our nutritionist's guide

Liposomal Vitamin C & Zinc is an advanced immune support supplement with high absorption nutrient forms, optimal doses and balanced nutrient ratios. Before you begin supplementation, here is some additional product information.

Dosing guidelines

For adults and children aged 14+, we recommend 15ml (3 teaspoons) daily; for children aged 9 to 13 years, we recommend 10ml (2 teaspoons) daily; and for children aged 5 to 8 years, we recommend 5ml (1 teaspoon) daily.

How to take *Liposomal Vitamin C*

We recommend giving the bottle a shake before use and taking it with food, rather than on an empty stomach. *Liposomal Vitamin C* is best mixed into a drink or added to yoghurt.

Taking another supplement alongside *Liposomal Vitamin C & Zinc*?

Many people take other supplements alongside *Liposomal Vitamin C & Zinc*, such as a multivitamin which may also contain vitamin C, zinc, copper and selenium. Whilst these, and other products, often contain lower doses of nutrients, you should consider reducing the intake of one or more of your supplements to half, for example, so as not to exceed the upper tolerable limit of nutrients for your age group.

Expulsion of air upon opening

Liposomal Vitamin C & Zinc is manufactured in a positive-pressure environment and therefore expulsion of air and a gentle hissing sound may be experienced upon opening for the first time.

Feeling the benefits

Whilst some people notice immediate benefits, for others, it may take time before improvements are experienced. This very much depends on the reason you are taking *Liposomal Vitamin C & Zinc*, individual variability and environmental factors.

It may be a good idea to record your reasons for taking *Liposomal Vitamin C & Zinc* (e.g. symptoms), and score them on a scale of 1-10. By reviewing these each month, you may start to notice gradual improvements in your health.



Maxine Sheils BSc (Hons), DipCNM
Nutritionist

The safety of *Liposomal Vitamin C & Zinc*

Large doses of vitamin C may, in some cases, be mildly acidic on the stomach. For those who may be particularly sensitive to vitamin C, it is recommended to divide the daily dose between morning and evening and dilute with liquid. *Liposomal Vitamin C & Zinc* is compatible with most prescription drugs, herbs, and other supplements, but please ensure you discuss supplementation with your GP if you are taking any prescription drugs just to be on the safe side. Pregnant or breastfeeding women should also consult their doctor before taking any dietary supplement.

Yellow/orange urine?

If you have yellow or orange urine as a side-effect of taking *Liposomal Vitamin C & Zinc*, don't worry. This is a perfectly normal reaction and occurs thanks to vitamin C, which is naturally orange.

Allergens and dietary needs

Liposomal Vitamin C & Zinc contains no ingredients containing gluten, dairy, lactose, soya lecithin, yeast, sugar, artificial colours and flavours. It is not tested on animals; is non-GMO; is compatible with halal & kosher diets and suitable for vegetarians and vegans.

Ongoing nutrition support & advice

Igennus nutritionists are available to answer any queries you may have about any of our products. You can contact us via live chat at [igennus.com](https://www.igennus.com), email askourexperts@igennus.com or call +44 (0)1223 421434.

Wishing you health and longevity,

Maxine & the Igennus team

