

# Super Vitamin C Complex – our nutritionist's guide

Super Vitamin C Complex contains Pureway-C®, an innovative formulation comprised of vitamin C, citrus bioflavonoids and plant lipids for increased bioavailability and scientifically proven superiority to other popular forms of vitamin C. Before you begin supplementation, here is some additional product information.

## **Dosing guidelines**

We generally recommend 1 tablet per day which provides 1000mg vitamin C. Children 8 years and over can take half a tablet daily, providing 500mg vitamin C. The tablet is provided with a break line for easy halving.



Dr Danielle Crida, MBChB, Dip Nut

### How to maximise absorption

Super Vitamin C Complex can be taken at any time of the day, although preferably at a similar time each day to maintain vitamin C levels for 24 hours. This form of vitamin C can be taken with or without food. If taking more than 1 tablet daily on the advice of a healthcare practitioner, take tablets at different times of the day for best absorption.

#### Taking another supplement containing vitamin C alongside Super Vitamin C Complex?

Many people take other vitamin C-containing supplements, such as Pure & Essential Multivitamin & Minerals. These supplements often contain lower doses of vitamin C, and are safe to take alongside *Super Vitamin C Complex*. Do not take a total daily dose of more than 2000mg vitamin C unless advised by your healthcare practitioner.

#### **Swallowing difficulties?**

Each tablet contains a break line so it is easy to snap each tablet in half for easier swallowing if necessary.

#### Feeling the benefits

Whilst some might notice immediate benefits, for others it may take time before noticing a difference. This very much depends on the reason you are taking *Super Vitamin C Complex*, individual variability and environmental factors.



Be kind to your health™

It may be a good idea to record your reasons for taking this supplement (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. If you are unsure at any point that you're doing all you can to address your health concerns and you aren't seeing any changes, do get in touch to speak to our nutritionists, as many other diet and lifestyle factors influence our health – we may be able to help you identify how you can make progress towards optimal health by addressing other areas.

## The safety of Super Vitamin C Complex

A significant benefit of taking *Super Vitamin C Complex* rather than standard vitamin C is that you are unlikely to experience gastrointestinal side effects, as it is gentle on the stomach. If you are particularly sensitive, take this supplement with food rather than on an empty stomach. It is compatible with most prescription drugs, herbs and other supplements, but please ensure you discuss *Super Vitamin C Complex* supplementation with your doctor if you are taking any prescription medication just to be on the safe side.

## Yellow/orange urine?

If your urine is more yellow or orange as a side-effect of taking *Super Vitamin C Complex*, don't worry. This is a perfectly normal reaction and occurs thanks to vitamin C.

## Allergens and dietary needs

Super Vitamin C Complex is free from gluten, dairy, lactose, soya, yeast, artificial colours, flavours, preservatives and sweeteners. It is non-GMO, 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, email askourexperts@igennus.com or call +44 (0)1223 421434.

Wishing you health and longevity,

Danielle & the Igennus team

