

Vitamin C

Vitamin

Helps in the development and maintenance of bones, cartilage, teeth and gums.

What is Vitamin C?

Vitamin C is another name for ascorbic acid, a water-soluble compound found in plants and animals. Unlike many animals, humans cannot manufacture their own vitamin C and therefore must obtain it from a food source.

Why take Vitamin C?

Vitamin C is best known for its importance to the human immune system, which protects our bodies from foreign “invaders”, such as bacteria and viruses. Vitamin C stimulates production of white blood cells and also functions as an antioxidant, neutralizing unstable molecules capable of cellular damage. Vitamin C helps guard against stress by supporting adrenal hormone production, and is a precursor to collagen formation, helping to build and maintain skin, tendons, cartilage and blood vessels. Vitamin C is needed for healing wounds, and for repairing and maintaining bones and teeth. Adequate vitamin C levels are therefore critical for a variety of bodily processes.

Who benefits from taking Vitamin C?

Low levels of vitamin C have been associated with a number of conditions, including stroke, some cancers, gallbladder disease, high blood pressure, and atherosclerosis. Individuals with bleeding gums or frequent colds and infections may not be getting enough vitamin C to suit their needs. Physical and mental stressors, such as inadequate sleep, excessive or intense physical exercise, smoking, alcohol consumption, and a diet low in fresh fruits and vegetables will increase daily requirements. Oral contraceptive users, as well as pre-and post-surgery patients, may maintain vitamin C status with supplementation.

Free of Common Allergens

NutriChem vitamin C tablets and powder are free of corn, wheat, gluten, yeast, soy, colours and preservatives. This ensures a safe product for individuals with sensitivities to these substances.

Gluten Free

Medicinal ingredients per teaspoon of powder:

Vitamin C (ascorbic acid) 4000 mg

Free of artificial colours, artificial flavours, gluten, starch, soy, yeast, dairy, eggs, wheat, corn, maltodextrin, peanuts and tree nuts, beef/chicken/pork derivatives, fish, shellfish and seafood derivatives, preservatives. Non GMO.

Medicinal Ingredient per tablet:

Vitamin C (ascorbic acid) 500mg OR

Vitamin C (ascorbic acid) 1000 mg

Free of artificial colours, artificial flavours, gluten, starch, soy, yeast, dairy, sugar, wheat, corn, maltodextrin, beef/chicken/pork derivatives, seafood derivatives, preservatives. Non GMO.

Directions: Please see specific jar for directions.

Key Applications

Stress

Immune Support

Periodontal Health

Complementary Supplements

Vitamin E

CoEnzyme Q10