

# Vitamin C Fizz



## Clinical Applications

- Supports Immune and Antioxidant Systems\*
- May Offer Support for Immune Compromised Individuals\*
- Targeted Support for Joint Comfort and Musculoskeletal Integrity\*

*Vitamin C Fizz is a unique effervescent, orange-flavored powder that contains vitamin C as ascorbic acid, calcium ascorbate, and magnesium ascorbate, along with the bioflavonoids quercetin, hesperidin, and rutin. These flavonoids improve the integrity and regulate the permeability of capillaries, while working in synergy with vitamin C to maintain collagen viability. The bioflavonoids also help the body properly absorb and use vitamin C, prevent it from being destroyed by oxidation, and build a protective barrier against infection. With a generous amount of vitamin C plus the three powerful bioflavonoids, Vitamin C Fizz simplifies getting optimal doses of these crucial vitamins in a convenient, delicious orange flavored powder.*

All Absolute Health Formulas Meet or Exceed cGMP Quality Standards

## Discussion

**Vitamin C: The Wonder Nutrient** Perhaps more than any other nutrient, vitamin C (ascorbic acid) benefits an encyclopedic range of conditions. The body needs adequate amounts of vitamin C for immunity, bone maintenance, collagen crosslinking, enzymatic reactions, central nervous system function, and reducing inflammation, along with a broad range of biological functions to maintain physiologic homeostasis.<sup>1-7</sup> Recently, research has focused on the significant role that vitamin C plays in epigenetics, neurodegenerative diseases, and cancer.<sup>8-13</sup> The level of ascorbic acid in the body naturally declines during the aging process.<sup>14-16</sup> Other factors that reduce vitamin C levels include chronic stress (vitamin C helps support healthy adrenal function), smoking, illness, injury, and multiple medications such as oral contraceptives, estrogen replacement, corticosteroids, and aspirin.<sup>1, 17-19</sup>

Dr. Linus Pauling, who pioneered extensive research on vitamin C, believed optimal amounts exceed 2,000 mg daily.<sup>1</sup> Vitamin C Fizz offers 2,569 mg of vitamin C in the combined form of ascorbic acid, calcium ascorbate, and magnesium ascorbate. Mineral ascorbates, which are buffered and therefore less acidic, can be beneficial for people who experience gastrointestinal problems such as abdominal pain and diarrhea with plain ascorbic acid.

**Bioflavonoids Support Optimal Health** Bioflavonoids are the most abundant group of polyphenols. Scientists have identified several thousand bioflavonoids, which provide much of the flavor and color in fruits and vegetables. Research has focused on bioflavonoids' impact on cardiovascular disease, cancer, and osteoporosis.<sup>20</sup> As a group, they have demonstrated antioxidant, antidepressant, antibacterial, antiviral, anti-inflammatory, and anti-allergenic properties.<sup>20</sup>

**Vitamin C Fizz Provides Three Well-Researched and Highly Beneficial Bioflavonoids** Quercetin is a highly concentrated bioflavonoid found in citrus fruits, red wine, and tea.<sup>21</sup> This powerful antioxidant reinforces the immune system, accelerates detoxifying-enzyme production, and may help reduce inflammation. A 2016 study concluded quercetin can reduce susceptibility to viral illnesses and protect the immune system against stress.<sup>22</sup> Quercetin may also provide valuable support in allergies, heart disease, hypertension, and cancer.<sup>23-24</sup>

Hesperidin, another powerful but lesser-known bioflavonoid, can be found in oranges and grapefruit. Studies show hesperidin, combined with vitamin C, offers anti-inflammatory and vasoprotective benefits. Hesperidin deficiencies can result in abnormal capillary leakiness and pain in the extremities that creates aches, weakness, and nighttime leg cramps.<sup>24</sup>

Rutin, found in apples, buckwheat, and other plants, is a potent anti-inflammatory flavonoid that helps to protect blood vessels, improve circulation, and prevent blood clots.<sup>21-23</sup> Studies demonstrate that rutin can significantly reduce leg swelling, relieve leg pain, and reduce leg cramps, heaviness, and itching.<sup>24</sup> Rutin's antioxidant properties have been shown to be cardioprotective and boost heart health, relieve arthritis symptoms, protect against metabolic diseases, fight cancer, promote brain health and protect against brain injury, as well as attenuate gut dysbiosis and ameliorate renal fibrosis.<sup>22</sup>

**Bioflavonoids and Vitamin C Make a Powerful Nutrient Team** Bioflavonoids work synergistically with vitamin C.<sup>12</sup> For example, bioflavonoids and vitamin C work together to protect and preserve the structure of blood capillaries.<sup>13</sup> Bioflavonoids also protect the vitamin itself by inhibiting the breakdown of ascorbic acid and by preventing oxidation.<sup>20</sup> Nature often combines vitamin C and bioflavonoids, since they work synergistically. For instance, oranges are rich in vitamin C and hesperidin, which when combined, boost antioxidant protection.<sup>16</sup> However, supplementation is often necessary to obtain these bioflavonoids in therapeutic doses.

\*These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.

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Vitamin C Fizz



# Supplement Facts

Serving Size 4 grams (approx. one teaspoon)

Servings Per Container 36

Amount Per Serving		% Daily Value
Vitamin C (as Ascorbic Acid, Calcium Ascorbate, Magnesium Ascorbate)	2569 mg	2854%
Quercetin	20 mg	*
Hesperidin (as Citrus Bioflavonoids)	20 mg	*
Rutin	10 mg	*

\*Daily Value not established.

**Other Ingredients:** Tapioca dextrin, stevia leaf extract (*Stevia rebaudiana*), natural flavor, potassium bicarbonate, citric acid, silicon dioxide.

## Directions

As a dietary supplement, take 4 grams (approx. one teaspoon) per day, or as directed by your healthcare provider. Do not use if tamper seal is damaged.

## Does Not Contain

Gluten, corn, yeast, artificial colors, and flavors.



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