

# OC Integrative Medicine

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## Vitamin C

*Synergistic formula combining vitamin C & bioflavonoids*

Vitamin C is a blend of vitamin C and plant bioflavonoids recognized for helping to support the immune system.\* And while you may think immediately of the immune system when you think of vitamin C, this nutrient has many other crucial roles in the body. Among them is facilitating proper construction of collagen, which is one of the body's most abundant proteins, and is the primary protein in bones, skin, tendons, ligaments, and blood vessels.\*

### Vitamin C

Vitamin C, also known as ascorbic acid, is a nutrient naturally present in many fruits and vegetables, and in very small amounts in select organ meats. The Nobel Prize winning scientist Dr. Linus Pauling believed recommendations for vitamin C intake were inadequate, and that many people would benefit from much higher amounts than they were typically obtaining through the diet. Stress, smoking, illness, oral contraceptives, certain medications, and the natural aging process all increase the need for vitamin C. Additionally, glucose and vitamin C compete for absorption and use in the body, so individuals with a very high carbohydrate consumption may wish to supplement with vitamin C.

### Recommended Use

Take one capsule per day, or as directed by your health care practitioner.



### Bioflavonoids

Vitamin C and bioflavonoids are found together in nature, because they work synergistically; for instance, oranges are rich in both vitamin C and the bioflavonoid, hesperidin. The inclusion of bioflavonoids in this product helps the body properly absorb and use vitamin C, and assists in preventing vitamin C from being destroyed by oxidation

All three bioflavonoids in Vitamin C - quercetin, hesperiden and rutin - are noted for their protective, antioxidative and immune-supportive properties, as well as their support for a healthy inflammatory response in times of intense exercise or overexertion. When paired with vitamin C, these compounds work together to protect and preserve the structure of blood capillaries and veins.\*

### Highlights

- Quercetin is called "king of the flavonoids" because of its powerful antioxidant properties and its ability to promote a healthy inflammatory response.\* It is found in many foods recognized for their health benefits, including red onions, apples, olive oil, dark berries and grapes, salad greens and culinary herbs, such as dill, cilantro, and radicchio. (Quercetin contributes to the richly colored pigments in these foods.) A potent antioxidant, quercetin is also a good helper for the immune response during times of seasonal upper respiratory challenges.\*
- Hesperidin is another potent but lesser-known bioflavonoid found in oranges and grapefruits, particularly in the white part of the peel, called the pith.
- Rutin is an antioxidant found in asparagus, citrus fruits, dark colored berries, plums and prunes.

To contact OC Integrative Medicine, Please visit us on the web at [www.oc-integrative-medicine.com](http://www.oc-integrative-medicine.com).

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

\*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.