

WELLNESS WARRIOR™

Achieve Your Potential

Core C Support

Support for Healthy Immune Function*

Core C Support supplement is a powerful supporter of healthy immune system function and plays a multiplicity of vital roles throughout the human body. Vitamin C must be consumed as part of the diet or through supplementation, as the body cannot produce it endogenously. Recent data suggests that as many as 20% of adults in the U.S. are vitamin C deficient, and as few as 10% consume adequate vitamin C on a daily basis.*¹

How Core C Support Works

Vitamin C has a vast range of biological roles in humans, working as a major antioxidant (electron donor). As such, vitamin C is crucial for supporting oxidative stress, energy production, and immune function.*² It is also necessary for synthesizing key neurotransmitters (especially norepinephrine and dopamine) and supporting healthy liver function.*³

Vitamin C is an essential nutrient required for the overall health and functionality of the immune system.* Deficiencies result in susceptibility to infections by weakening the T-cell-mediated immune response and adaptive antibody response.*⁴ Research suggests that supplementation with vitamin C supports immune system function and redox integrity of cells.*⁵

One study reported that college students who consumed supplemental vitamin C were 85% more likely to have healthy immune function as compared to students who did not take a vitamin C supplement.*⁶

Research is continually uncovering the many other actions of vitamin C throughout the body. Findings thus far suggest that vitamin C is an integral micronutrient for neuronal differentiation and maturation, as studies have shown that supplemental vitamin C increases brain-derived neurotrophic factor (BDNF)—a peptide that supports healthy cell function.*⁷

Vitamin C also appears to promote healthy dopamine and norepinephrine levels by acting as a co-substrate.*^{7,8,9} Further evidence suggests that as little as 250 mg of vitamin C per day can support healthy cortisol levels, thereby supporting stress-related symptoms.*⁷

Lastly, consuming adequate vitamin C helps promote collagen synthesis needed for healthy connective tissues, healthy joints, and healthy skin, hair and nails.*¹⁰

Core C Support Supplementation

Research demonstrates the importance of vitamin C as a key antioxidant in humans, with many roles throughout virtually every bodily system.*

Benefits of supplementing with Core C Support may include:

- Promotes healthy immune function*
- Supports healthy oxidative stress*
- Supports cognitive function*
- Supports healthy neuronal processes*
- Supports healthy cortisol balance*
- Promotes healthy collagen synthesis*



FORM: 100 Capsules
SERVING SIZE: 1 Capsule

Ingredients	Amount	%DV
Vitamin C (ascorbic acid)	1,000 mg	1,111%

OTHER INGREDIENTS: Hypromellose, vegetable magnesium stearate, silica.

DIRECTIONS: Take one capsule one to two times daily or as directed by your healthcare practitioner.

CAUTION: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.



GLUTEN-FREE



VEGETARIAN



DAIRY-FREE



NON-GMO



PRODUCED IN A
cGMP FACILITY

*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.

REFERENCES:

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