

Stead CMMUNITY



www.steadfastnutrition.in





STEADC KEY POINTERS

- 1. Steadfast's SteadC is enriched with 1000 mg of Amla Extract, 40 mg of Vitamin C, 50 mg of Citrus Bioflavonoid, 10 mg Rose Hip Extract, and 10 mg of Zinc which have powerful antioxidant and anti-inflammatory effects.
- 2. SteadC is available in effervescent form which ensures the best nutrient absorption and is easy to consume. Hence, it can be given to people who find it difficult to swallow tablets.
- 3. SteadC has a good content Vitamin C which is essential for the synthesis of collagen, absorption of iron, the proper functioning of the immune system, wound healing, maintenance of cartilage, bones, teeth and for eye health.
- 4. The Vitamin C in SteadC provides 50% of the RDA (NIN, 2020) in 1 serve. Vitamin C's role in boosting immunity is crucial- its deficiency can cause impaired immune system functioning and increase susceptibility to infections. Vitamin C helps in the production of white blood cells and phagocytes, which help protect the body against infection.
- 5. Rose Hip Extract in SteadC is a source of bioactive compounds like catechin, quercetin, lycopene, and ellagic acid that help reduce inflammation and fight oxidative stress in the body.





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- 6. SteadC contains Zinc, a micronutrient that helps in immune system and cellular metabolism function, promotes skin health, speeds up wound healing, and reduces the risk of age-related diseases. When taken with Vitamin C, Zinc also helps boost immunity and is known to shorten the duration of respiratory tract infections, including common cold.
- 7. The Citrus Bioflavonoids in SteadC have anti-inflammatory and antioxidant properties and work in tandem with Vitamin C to neutralise free radicals. They also help improve metabolism and cardiovascular, respiratory and cognitive health.
- 8. The Amla Extract helps boost immunity, supports healthy digestion, and is excellent for gut health.
- Steadfast's SteadC is perfect for those wanting to boost their immunity, athletes, runners, cyclists, swimmers, weight watchers, fitness enthusiasts, and office goers.
- **10.** SteadC is formulated for everyday usage and doesn't have any side effects.



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