

Vitamin C Tonic



Stress & Energy Support*

Vitamin C Tonic is a proprietary blend of vitamin C and three unique bioflavonoids — naturally occurring plant substances found in brightly colored fruits and vegetables. This product is an effervescent, orange-flavored powder and contains no fructose or other unfavorable sweeteners. With a generous amount of vitamin C plus the three powerful bioflavonoids, Vitamin C Tonic simplifies getting optimal doses of these critical nutrients in a delicious-tasting beverage.

Vitamin C

Vitamin C, also known as ascorbic acid, is a water-soluble vitamin naturally present in some foods and used by many as a dietary supplement. Vitamin C is an essential vitamin, which means it cannot be made in the body and must be obtained from food or through supplements. Vitamin C is a wonder nutrient, and is essential for immunity, bone maintenance, collagen formation (collagen is an essential component of connective tissue), and a broad range of other biological functions.*

Bioflavonoids: Quercetin, Hesperidin and Rutin

- Quercetin is a highly concentrated bioflavonoid found in citrus fruits, red wine, and tea. Sometimes called the 'king of the flavonoids,' this powerful antioxidant supports the immune system as well as a healthy inflammatory response.*
- Hesperidin, another powerful but lesser-known bioflavonoid, can be found in oranges and grapefruits.
- Rutin is found in asparagus, citrus fruits, and berries such as cranberries and mulberries.

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 Vitamin C Tonic 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 Tonic – quercetin, hesperidin and rutin – are noted for their protective, antioxidative and immune-supportive properties as well as their support for a healthy inflammatory response. They are also recognized for supporting heart health and their role in assisting to create a positive microbial balance in the body.*

Quercetin, hesperidin, and rutin, especially when paired with vitamin C, work together to protect and preserve the structure of blood capillaries, supporting blood vessel health.*



Factors that reduce vitamin C levels:

- Stress
- Smoking
- Illness
- Injury
- Birth control pills
- Estrogen use during menopause
- Certain medications, such as cortisone and aspirin
- Aging

Recommended Use

As a dietary supplement take 4 grams (approx. one teaspoon) per day, or as directed by your health care practitioner

*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.