



Purium's C From Nature

What is C From Nature?

C From Nature is a natural and powerful source of natural vitamin C (from whole foods) that can help support the immune system and balanced cholesterol. This product is specially formulated for rapid absorption of the valuable nutrient.

What's In It?

Amla: This plum-like fruit contains one of the most bioavailable sources of naturally-occurring vitamin C. Also known as Indian gooseberry and amalaki, amla is used in Ayurvedic medicine to help support the body's response to aging and for optimal health. While its vitamin C content is small compared to synthetic ascorbic acids, amla is seen as more effective and absorbent.

Acerola Cherries: These cherries are a rich source of natural vitamin C, native to the Caribbean, Southern America and cultivated in India. These fruits also contain vitamins (including vitamin B), essential minerals and antioxidants.

Camu Camu: This Amazonian fruit contains more vitamin C per gram than an orange. With minerals like copper and manganese, as well as essential amino acids like valine and leucine, this anti-viral fruit is said to support eyesight, healthy and clear skin. It can also assist the immune system and provide antioxidant support.

Rose Hips: When petals fall off a rose, the hips remain. The hips exist just under the petals and contain the seeds of the rose plant. Used in herbal remedies, they are a rich source of vitamin C., among other vitamins, and bioflavonoids. They have been used traditionally to prevent and treat colds and for vitamin C deficiencies.

Citrus Bioflavonoids: These plant pigments give many flowers and citrus fruits (such as grapefruit, lemon, orange and tangerine) their vibrant colors. Also known as flavonoids, they can help the body effectively utilize vitamin C. As antioxidants, these flavonoids can also support overall health and the body's response to aging.

Other Ingredients

Cellulose Capsule

Suggested Use

Take 3-9 capsules daily with food.



Why We Make It?

Most vitamin C supplements in the market today do not actually contain true vitamin C. Instead, they contain a synthetic antioxidant, referred to as “ascorbic acid.” While this acid is used by the vitamin C complex to help resist oxidation, it does not contain the same properties. Plus, most marketplace ascorbic acid is sourced from genetically modified corn. Purium wanted to provide a natural option for consumers.

Out on the seas, sailors once used vitamin C-rich citrus fruits to help treat scurvy. Purium recognized this lack of true vitamin C in the market and created C From Nature.

Dave Sandoval’s Product Pairing Suggestions

Dave recommends pairing C From Nature with products that support comprehensive immune function:

- Spirulina — Blue-green algae supports the immune system while providing protein and endurance-support
- Immunomax — Cat’s claw and other plant extracts help support the body’s response to flu-like symptoms and stomach bugs
- Vir-U-Sure — Red algae gigartina and dumontiaceae, trace minerals and other herbs help support the body’s viral response and healing process

Allergens

This product is gluten-free and vegan.

Purchase Information

To purchase C From Nature, [click here](#).

More Information

<https://blog.puriumcorp.com/?s=C+From+Nature>

Related Information

If you have a medical condition, are pregnant or breastfeeding, consult a medical practitioner before consuming any dietary supplements.

FDA Statement

These products and statements have not been evaluated by the Food and Drug Administration. These products and statements are not intended to diagnose, mitigate, treat, cure or prevent any disease.



Support:

<https://www.livestrong.com/article/402676-the-best-natural-source-of-vitamin-c/>

<https://www.healthline.com/nutrition/vitamin-c-benefits>

