

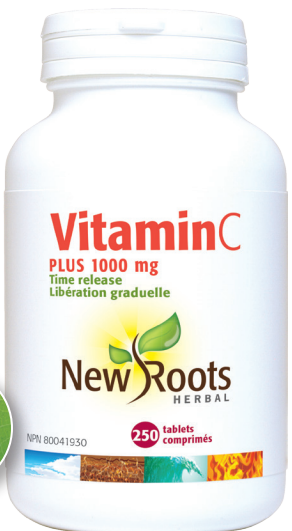
VitaminC

A strong antioxidant



- Metabolize fat
- Maintain bone, cartilage, teeth, and gum

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In the rapidly expanding market of dietary supplements, it is possible to find vitamin C in many different forms with any number of claims regarding its efficacy or bioavailability. Bioavailability refers to the degree to which a nutrient (or drug) becomes available to the target tissue after it has been administered. Unless you're on a strict organic whole food diet, eating foods suitable to your metabolic type, it's unlikely that you are getting all the nutrients you need from fruits and vegetables. Most commercial soil has been depleted, and food is usually contaminated with chemicals and pesticides.

The gastrointestinal absorption of ascorbic acid occurs through an active transport process, as well as through passive diffusion. At low gastrointestinal concentrations of ascorbic acid active transport predominates, while at high gastrointestinal concentrations active transport becomes saturated, leaving only passive diffusion. In theory, slowing down the rate of stomach emptying (e.g., by taking ascorbic acid with food) should increase its absorption.

Multimineral-bound vitamin C has so many health benefits. It is an antioxidant, it boosts the immune system, and stops cholesterol from building up in your arteries. Vitamin C is not produced by the body, so it must be obtained every day by either adequate servings of fruits and vegetables or supplements. The amount acquired from food coming from overfarmed soil can be considered borderline, and may not promote superior health. In some cases when supplementing ascorbic acid, large amounts can cause diarrhea. This is where mineral ascorbates are better. The mixed form of ascorbates are superior, because the ascorbate salts are bound directly to the minerals which the body recognizes, thus resulting in better absorption.

Bioflavonoids are a class of water-soluble plant pigments. Vitamin C-rich fruits and vegetables, especially citrus fruits, are often rich sources of bioflavonoids as well. The effect of bioflavonoids on the bioavailability of ascorbic acid has been examined in two published studies. A study of five men and three women found that 500 mg of synthetic ascorbic acid given in a natural citrus extract containing bioflavonoids, proteins, and carbohydrates, were more slowly absorbed and 35% more bioavailable than synthetic ascorbic acid alone, based on plasma levels of ascorbic acid over time and 24-hour urinary excretion of ascorbic acid.

Each tablet contains:

Vitamin C (ascorbic acid)	1000 mg
Citrus bioflavonoids, 50% hesperidin	150 mg
Rose hips (<i>Rosa canina</i>)	50 mg

Other ingredients: Hyprolose, microcrystalline cellulose, dicalcium phosphate, vegetable stearic acid, vegetable magnesium stearate, and silicon dioxide, with a coating of polyvinyl alcohol, talc, polyethylene glycol, and polysorbate 80.

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Suggested use:

Adults: Take 1 tablet daily or as directed by your health-care practitioner. Consult a health-care practitioner for use beyond 2 months.

Manufactured under strict GMP (Good Manufacturing Practices).

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