



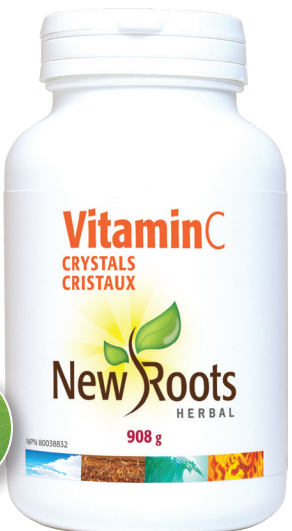
VitaminC Crystals

Essential antioxidant

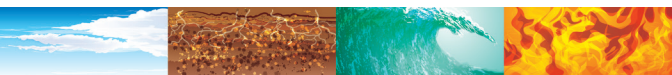


- Pure form
- No excipients or additives

ISO 17025
Accredited Laboratory



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Vitamin C Crystals



The amount of vitamin C generally available from diet is not enough for optimum nutrition, except in exceptional circumstances such as a tropical environment. Under normal circumstances, the daily amount produced, adjusted for comparison to a 70 kg man, is somewhere between 3,000 mg and 15,000 mg, with an average of 5,400 mg.

A survey has shown that a person's vitamin status is a good predictor of their mortality risk. High blood vitamin C levels indicate a low risk for cardiovascular disease and certain types of cancer and other immune based diseases. Optimal intakes to reduce risk of such conditions would appear to be at least 500 mg per day.

Expensive Urine?

But aren't you simply making expensive urine when you take large amounts of supplements? Dr. Michael Colgan investigated this often-made rebuttal. He investigated how much vitamin C we use by giving increasing daily doses and measuring excretion. Only a quarter of his subjects reached their vitamin C maximum at 1,500 mg a day. More than half required over 2,500 mg a day to reach a level where their bodies could use no more. Four subjects did not reach their maximum even at 5,000 mg. Increasing vitamin C intake from 50 mg to 500 mg tends to double serum vitamin C levels. Increasing intake to 5,000 mg a day will double serum levels again. Vitamin C protects the bowel, kidneys, and bladder on the way out.

It is valid to infer that optimal vitamin C levels are probably above 1,000 mg, with plenty of room for individual variation. What about "hard evidence"? What levels are required to ensure maximum function of enzymes and body systems dependent on vitamin C? A quick review of some of vitamin C's hundreds of biochemical roles will help us here. Vitamin C is required for the synthesis of collagen, our intercellular glue that keeps skin, lungs, arteries, the digestive tract, and all organs intact. It is a potent antioxidant, protecting against free radicals, pollution, carcinogens, heavy metals, and other toxins. It is strongly antiviral and mildly antibacterial. Energy cannot be made in any cell, brain, or muscle without adequate vitamin C. The adrenal glands have a high concentration of vitamin C, which is essential for stress-hormone synthesis. Vitamin C is so central in so many chemical reactions in the body that, without it, life is simply not possible.

Ingredients:

100% pure vitamin C (ascorbic acid). Each ⅓ teaspoon contains 600 mg of vitamin C. No fillers or excipients.

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Suggested use:

Adolescents 14–18 years: As a dietary supplement, stir ⅓ teaspoon into juice, water, or food once to twice daily or as directed by your health care practitioner. **Adults:** As a dietary supplement, stir ⅓ teaspoon into juice, water, or food one to three times daily or as directed by your health care practitioner.

Manufactured under strict GMP (Good Manufacturing Practices).

HP0027

