



Vitamin C

Vitamin C, also known as ascorbic acid, is an important nutrient and antioxidant that plays a key role in many functions throughout the body. It helps protect against cellular damage, stimulates production of collagen important for healthy skin and joints, aids iron absorption, and supports heart and immune system function. Vitamin C is water-soluble and must be replenished every day. Broccoli, red peppers, berries, melons, currants, brussel sprouts, parsley, potatoes, tomatoes, citrus fruit, and strawberries are good sources of vitamin C.

Some of the key functions of vitamin C include:

- **Antioxidant Actions:** As a powerful antioxidant, vitamin C protects body cells and LDL cholesterol against damage by oxygen. Oxidized LDL is a harmful form that can contribute to damage to cardiovascular tissues. Vitamin C is also needed to recycle vitamin E in the body.
- **Collagen Support:** Vitamin C is needed to form collagen, thus is crucial for strength of body tissues such as muscles, bones, tendons, joints and blood vessels, and gums. Vitamin C also plays an important role in wound healing.
- **Immune Function:** Vitamin C stimulates the immune system by increasing interferon levels and enhancing the activity of certain immune cells.

These tablets contain 1,000 mg (1 gram) of pure, crystalline ascorbic acid, free of corn antigen. A water-soluble plant cellulose tablet coating protects vitamin C from oxidation and helps ensure rapid tablet disintegration. One tablet is recommended daily or as directed by a physician. Excess amounts of vitamin C may cause diarrhea and gastrointestinal discomfort. However, tolerance for vitamin C is very individual, as some people develop loose bowel movements after taking several grams of vitamin C per day while others can comfortably handle many times this amount.

Suggested Use: 1 tablet daily with food.

This product was made in a GMP and ISO 9001:2000 registered facility.

Supplement Facts

Serving Size 1 Tablet • Servings Per Container 100

Amount Per Tablet	% Daily Value
Vitamin C (as L-ascorbic acid)	1,000 mg 1667%

Other ingredients: Silicon dioxide, cellulose, stearic acid, magnesium stearate, carboxymethylcellulose sodium, and cellulose coating.