

# Vitamin C Buffered

*1000 mg Antioxidant, Immune Support, Collagen Health*

## DESCRIPTION

Vitamin C Buffered 1000 mg contains vitamin C in a buffered ascorbate form. All vitamin C must link up with a mineral like ascorbate before it can be absorbed into the bloodstream. Because Vitamin C Buffered 1000 mg is in the ascorbate form, it helps prevent stomach irritation that is common in non-buffered formulas.

## FUNCTIONS

Vitamin C (ascorbic acid) has numerous biological functions. Foremost, it is essential for the synthesis of collagen and glycosaminoglycans, which are the building materials for all connective tissues, such as skin, blood vessels, tendons, joint cartilage and bone. Vitamin C is essential for normal wound healing and capillary health.

Vitamin C is among the most powerful antioxidants in humans and animals. It is a water-soluble, chain-breaking antioxidant that reacts directly with superoxide, hydroxyl radicals and singlet oxygen. As a water-soluble nutrient, vitamin C is not stored in the body and should be replenished throughout the day and evening for optimal health. However, as a water-soluble vitamin, the body is able to excrete any unneeded levels of vitamin C, which allows for flexible and safe dosing. The antioxidant function of vitamin C appears to have clinical significance in providing protection from free radical damage to the eyes, lungs, blood and the immune system.

Research has also demonstrated ascorbic acid's ability to positively affect the function of the immune system by optimizing synthesis of important components of our immune defenses. Besides ascorbic acid, Vitamin C Buffered 1000 mg also contains bioflavonoids, which increase the effectiveness of vitamin C by 50%. Absorption efficiency and vitamin C utilization should be enhanced during conditions of physiological stress, such as trauma or infection.

## INDICATIONS

Vitamin C Buffered 1000 mg tablets may be a useful dietary supplement for individuals who wish to obtain the physiologic benefits of vitamin C in a buffered mineral ascorbate form. This form may minimize stomach irritation sometimes seen with the acidity found in regular vitamin C formulations.

## FORMULA (WW #10386)

### One Capsule Contains:

|   |          |
|---|----------|
| Vitamin C .....   | 1,000 mg |
| (as ascorbic acid and Mg, Ca, Zn & Mn ascorbates)   |          |
| Calcium.....  | 90 mg    |
| (as Ca carbonate and Ca ascorbate)  |          |
| Magnesium (as Mg ascorbate).....  | 40 mg    |
| Zinc (as Zn ascorbate) .....  | 2.5 mg   |
| Manganese (as Mn ascorbate) .....   | 0.1 mg   |
| Potassium (as K citrate).....   | 60 mg    |
| Citrus pectin.....  | 100 mg   |
| Mixed citrus bioflavonoids.....   | 100 mg   |
| Containing: mixed citrus bioflavonoid peel complex<br>(orange, lemon and/or grapefruit bioflavonoids), rose hips, fruit powder, acerola cherry fruit powder, rutin and hesperidin bioflavonoid complex. |          |

Other Ingredients: Vegetable stearate, croscarmellose sodium, silicon dioxide, microcrystalline cellulose, stearic acid, hydroxypropyl methylcellulose. Made with non-GMO ingredients. Vegetarian. Gluten-free.

## SUGGESTED USE

As a dietary supplement, adults take 1 capsule 1-3 times daily with food, or as directed by a healthcare professional. If pregnant or nursing, consult your healthcare professional before taking.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.