

## **VITAMIN-C FACTSHEET**

Vitamin C, also known as Ascorbic Acid, is a water-soluble vitamin needed by the body for hundreds of vital metabolic functions that include wound healing, production of red blood cells and fighting bacterial infection. Physical stress increases the need for this vitamin.

As an antioxidant, it helps defend cells from the damaging effects of free radicals, smoke and pollutants. The body cannot make or store Vitamin C, so it must be replaced daily through diet and/or supplementation.

Vitamin C is essential for the body to produce collagen, which is the substance that bonds cells together. Maintaining Vitamin C in your body therefore helps preserve and mend the connective tissues (tendons and cartilage – including cartilage between spinal discs), bones, muscles and blood vessels.

Other benefits include helping the body cope with all kinds of physical and mental stressors, tissue growth and repairing of adrenal gland function, maintenance of healthy gums, a reduction in the risk of heart disease and a reduction in allergies.

Rosehips are packed full of Vitamin C and bioflavonoids that are integral to the promotion of healthy eyes, gums and teeth.

### Side Effects and Cautions

Vitamin C - Side effects include diarrhoea, upset stomach and any excess is simply washed out in the urine

Rosehips – No known side effects, contraindications and drug interactions

### INGREDIENTS INFORMATION:

Serving Size 1 Tablet

SERVINGS PER CONTAINER: 100

#### **Each Tablet Contains:**

Vitamin C (Ascorbic Acid)	1000 mg
Rose Hips Powder)	40 mg

**WARNING: Consult your GP before use if you are taking prescription medication, under a doctor's care, are pregnant or breastfeeding.**

**Does not contain sugar, yeast, wheat, soy, milk, eggs, preservatives**