

# Vitamin C 500mg with Rose Hips

*Vegetarian*



## DESCRIPTION

Vitamin C 500mg with Rose Hips provides 500 mg of Vitamin C with the addition of Rose Hips.

## FUNCTIONS

Vitamin C has numerous biological functions. Foremost, it is essential for the synthesis of collagen and glycosaminoglycans which are the building materials of all connective tissues, such as skin, blood vessels, tendons, joint cartilage, and bone. Vitamin C is the required coenzyme for two groups of enzymes that catalyze the crosslinking of collagen fibers. As such, Vitamin C is essential for normal wound healing and capillary health. It also participates in the biosynthesis of carnitine, serotonin, and certain neurotransmitters, including norepinephrine.

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. Laboratory studies show that Vitamin C completely protects lipids in plasma and LDL against atherogenic peroxidative damage. In addition, Vitamin C interacts with glutathione and alpha-lipoic acid and regenerates vitamin E. The antioxidant functions of Vitamin C appear to have clinical significance in providing protection from free radical damage to the eyes, lungs, blood and the immune system.

Vitamin C is absorbed in the small intestine by a sodium-dependent transport process that is intake dependent. At higher intakes, absorption becomes less efficient. Absorption efficiency and Vitamin C utilization may be greatly enhanced during conditions of physiological stress, such as trauma or infection.

## INDICATIONS

Vitamin C 500mg with Rose Hips may be a useful dietary supplement for those who wish to increase their daily intake of this important antioxidant vitamin.

## FORMULA (WW #10334)

### 1 Tablet Contains:

Vitamin C ..... 500 mg  
(as ascorbic acid with rose hips)

Other ingredients: Cellulose, vegetable stearin, cellulose gum, magnesium stearate, and silica.

This product contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors.

## SUGGESTED USE

Adults take 1 tablet daily with meals or as directed by a healthcare professional.

## SIDE EFFECTS

No adverse effects have been reported.

## STORAGE

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

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Manufactured For:

**Good Life Pharmacy**

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