



# HEALTHY BUFFERED VITAMIN C

A DIETARY SUPPLEMENT TO SUPPORT IMMUNE SYSTEM FUNCTION AND COLLAGEN HEALTH\*

**A dietary supplement to support immune system function and collagen health.\***

## **Vitamin C:**

- Helps maintain collagen\*
- Helps form red blood cells\*
- Provides antioxidant protection against free radicals\*
- Supports the immune system\*

**Healthy Buffered Vitamin C** contains Vitamin C in a buffered Ascorbate form. Ascorbate is a Vitamin C molecule with a mineral ion. All Vitamin C must link up with a mineral before it can be absorbed into the blood stream. By supplying minerals along with Vitamin C, **Healthy Buffered Vitamin C** supports the immediate assimilation of Vitamin C in the body.\* Because **Healthy Buffered Vitamin C** is in the Ascorbate form and the presence of minerals help to act as natural buffers, it helps prevent stomach irritation that is common in non-buffered formulas.\*

Vitamin C or Ascorbic Acid belongs to a class of vitamins which are termed water-soluble nutrients. It is not stored in the body and should be replenished throughout the day and evening for optimal health.\* As a water soluble vitamin, the body is able to excrete any unneeded levels of Vitamin C, which allows for flexible dosing.\*

**Healthy Buffered Vitamin C** contains Bioflavonoids, which increase the effectiveness of Vitamin C by 50%.\* Calcium, Magnesium, Zinc, Manganese and Potassium are included in the **Healthy Buffered Vitamin C** formulations. The diuretic effect accompanying higher intake of Vitamin C often depletes the body's store of vital minerals. **Healthy Buffered Vitamin C** provides a bioavailable source of minerals.\* Pectin has been shown to be beneficial in managing cholesterol levels within normal ranges.\*

## **Supplement Facts**

**Serving Size: 1 Tablet**

**Each serving contains:**

Vitamin C (as Ascorbic Acid and Mg, Ca, Zn & Mn Ascorbates)	1000 mg
Calcium (as Ca Carbonate & Ca Ascorbate)	90 mg
Magnesium (as Mg Ascorbate)	40 mg
Zinc (as Zn Ascorbate)	2.5 mg
Manganese (as Mn Ascorbate)	125 mcg
Potassium (as K Citrate)	60 mg
Citrus Pectin	100 mg
Mixed Citrus Bioflavonoids	100 mg
containing: Mixed citrus bioflavonoid peel complex (orange, lemon and/or grapefruit bioflavonoids), rose hips (Rosa canina) fruit powder, acerola cherry (Malpighia glabra L.) fruit powder, rutin, and hesperidin bioflavonoid complex	

Other ingredients: vegetable stearate, croscarmellose sodium, silicon dioxide, microcrystalline cellulose, stearic acid, hydroxypropyl methylcellulose, polyethylene glycol, talc.

**Warning:** If pregnant or nursing, consult your healthcare practitioner before taking this product.

**WARNING:** This product contains lead, a chemical known to the State of California to cause birth defects and other reproductive harm.

**Suggested Use:** As a dietary supplement, take 1 tablet with each meal, or as directed by your healthcare practitioner.

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