

PRODUCT INFORMATION

Vitamin C

Ascorbic acid (vitamin C) is a water-soluble vitamin which has strong antioxidative functions in the human body. This indispensable substance has generally activating effects on the metabolic processes and is essential for the formation of collagen, bones, teeth and the capillary endothelium.

Basic Facts

In expert circles, vitamin C is mainly known under its chemical name «ascorbic acid». Like all other vitamins, this substance cannot be synthesized by the human body itself and therefore has to be supplied with the daily food.

Vitamin C is almost completely absorbed from food (80 to 90 percent), while the ascorbic acid not required by the body is quickly eliminated through the kidneys.

This is the reason why no overdosage symptoms may occur, and there is also no long-term depot for vitamin C in the organism. A rich source for vitamin C are citrus fruit of all kind, but also broccoli, red pepper pods and currants. A high ascorbic acid content can furthermore be found in cauliflower and strawberries.

The latest research results suggest that so-called free radicals are formed in the body under various different conditions (overexertion, stress, etc.) which, if formed in excess, may cause damage to muscles and other tissues.

The ensuing result are inflammatory reactions which cause pain in the muscles but are symptom-free in other tissue (e.g. blood vessels). As ascorbic acid can trap such free radicals, this vitamin has unique protective functions within the metabolic processes.

Effects

Ascorbic acid is a water-soluble vitamin and its main function in the body is that of a strong antioxidant. In this sense, it is one of the most important functions of ascorbic acid to protect LDL cholesterol against oxidative damage. Because recent studies have shown that structural impairments of «low density lipoprotein» (LDL) seem to enhance the disadvantageous effects of cholesterol on the development of heart and vascular diseases. Therefore, vitamin C is one of the most important factors of antioxidative protection for LDL.

Moreover, vitamin C is a key substance in the body's own synthesis of the tissue-building substance collagen. This basic substance is important for the buildup of connective tissue, muscles, blood vessels, etc. Vitamin C is also an essential substance for the formation of bones and teeth. Ascorbic acid, due to its antihistaminergic effects, finally also supports wound healing, promotes blood formation and in this way supports the functionality of the body's own immune system.

It is especially important to take vitamin C in spring when, due to the season, the ascorbic acid content of the body drops. This vitamin is moreover metabolized to a great extent in case of colds. This is reflected in the fact that high doses of vitamin C (up to 8 grams), taken at the onset of a cold, may shorten the duration of the disease. However, ascorbic acid has hardly any effects on the prevention of colds.



Composition

One capsule contains 1000mg vitamin C in pharmaceutical grade. Other ingredients: magnesium stearate, stearic acid, DiTab, maltodextrin.

Dosage

Doctors and nutritional specialists mostly recommend the intake of 500–1000mg ascorbic acid per day. In clinical investigations, doses of 1000mg per day are used in the majority of cases.

However, dosages of up to 10,000mg per day are not unusual. On the other hand, daily doses of 100–200mg vitamin C per day are recommended to prevent cardiac infarction.




Instructions

Food supplements are no substitute for a well-balanced diet and a healthy lifestyle. The indicated recommended daily intake should not be exceeded. Persons under constant medical care should consult a physician before taking the supplements. Product information is not to be considered a statement regarding cure; in general, we advise against self-medication without proper consultation of a doctor. Subject to mistakes and print or typographical errors.

Store in a cool and dry environment, out of reach for children.

Vitamin C Product Groups

Vitamin C can be found in the following product groups (www.vitabasix.com):

-  **Vitamins & Food Supplements**
-  **Skin & Hair**
-  **Immune System, Cell Protection & Antioxidants**
-  **Pain & Inflammation**
-  **Sports & Muscles**

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Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

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