

VITAMIN C

REALLY PACKS A PUNCH!



SUPPORTS A HEALTHY IMMUNE SYSTEM

Vitamin C helps decrease common cold duration and reduce the severity of symptoms of mild upper respiratory tract infections. It decreases symptoms of mild allergies and mild allergic rhinitis.**



PROVIDES ANTIOXIDANT PROTECTION

Vitamin C is an antioxidant that reduces free radicals formed in the body. It contributes to the protection of cell constituents from oxidative stress.



DID YOU KNOW?

Vitamin C is a "fragile" vitamin and can be easily destroyed by cooking or exposure of food to oxygen. The best food sources of vitamin C include all citrus fruits (oranges, grapefruit, lemons and tangerines), strawberries, broccoli, Brussels sprouts, capsicums and more.



SUPPORTS CIRCULATORY SYSTEM

Vitamin C helps promote capillary health and blood circulation to the peripheral areas of the body (legs, hands and feet) and enhances healthy blood circulation.



SUPPORTS SKELETON, JOINT AND SKIN HEALTH

Vitamin C supports joint mobility. Vitamin C contributes to normal collagen formation and the normal function of bones, teeth, cartilage, gums, skin and blood vessels.



CONTRIBUTES TO THE NORMAL FUNCTION OF NERVOUS SYSTEM

Vitamin C promotes body adaptation to stress, decreases nervous tension, and reduces the occurrence of symptoms of mild anxiety.**

Vitamin C is a water-soluble vitamin that is naturally present in some foods, added to others, and available as a dietary supplement.

SOURCES

<http://exposedhealth.com/vitamin-c/>
<https://ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/#h10>

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*Vitamins and/or mineral supplements should not replace a balanced diet.

**If symptoms persist, seek the advice of a healthcare professional.