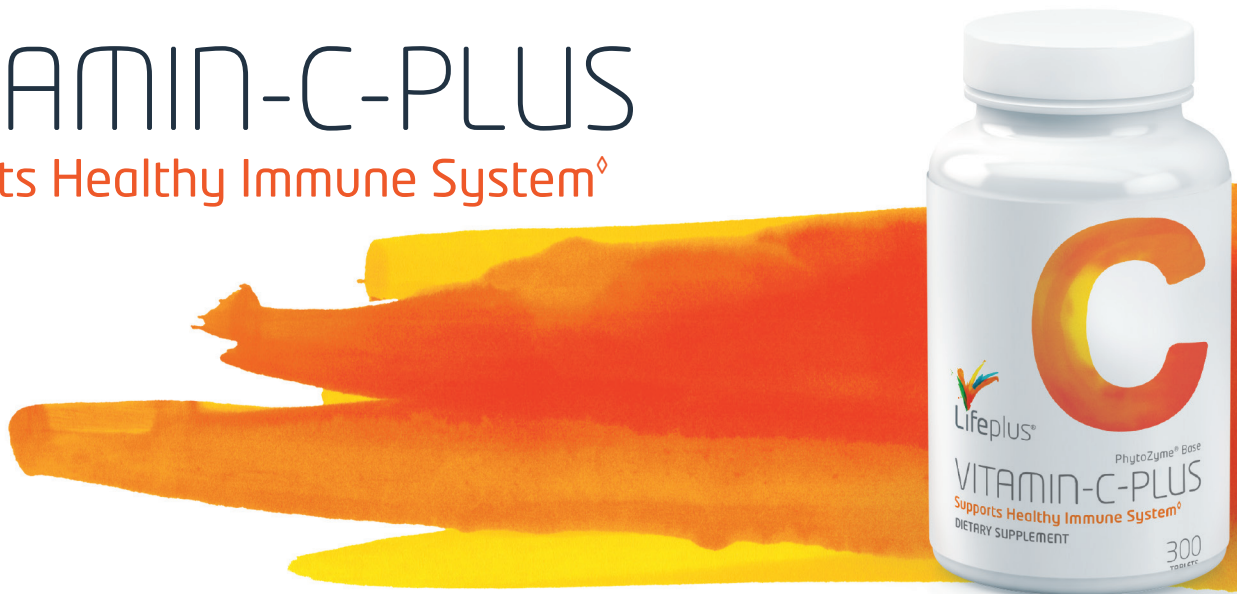


# VITAMIN-C-PLUS

## Supports Healthy Immune System<sup>◇</sup>



**How can Vitamin-C-Plus support a healthy immune system?** Vitamin C plays an important antioxidant role in the body. Studies show that those who regularly eat foods high in ascorbic acid enjoy overall good health.<sup>◇</sup> Some of the positive attributes of vitamin C are cleansing of body tissues, protection against free radicals, supporting healthy levels of collagen throughout the body, maintenance of already healthy cholesterol levels and cardiovascular system, and helping maintain good vision.<sup>◇</sup>

Vitamin-C-Plus is a Lifeplus formulation of one of nature's most important nutrients — Vitamin C. Vitamin C, also known as ascorbic acid, or simply ascorbate, is one of the most well known and widely available vitamin supplements in the world, and yet Lifeplus' Vitamin-C-Plus has been and continues to be one of our most popular supplements. As an essential vitamin that our bodies do not manufacture it must be supplied by the diet. Our hunter-gatherer ancestors evolved on a diet rich in berries, tree fruits and shoots, wild grasses, herbs, roots, and wild game, all of which were rich sources of vitamin C. Somewhere in evolution, our human ancestors genetically deleted the function of producing our own vitamin C, as most other mammals do, probably because the ancient diet provided generous quantities of this vital compound. The modern recommended Daily Value of 60 mg. (an amount that will reliably prevent scurvy, the vitamin C deficiency state), is far below the several grams of ascorbic acid that our hunter-gatherer ancestors

are estimated to have consumed in their daily diet.

Vitamin C is included in several Lifeplus products but it is the main ingredient in Vitamin-C-Plus as a way to obtain larger amounts when desired. Vitamin C is one of nature's most important antioxidants. It protects against free radicals and is an important systemic youth-supporting nutrient. Vitamin C is a natural chelating agent, providing natural protection against certain harsh environmental elements. Vitamin C maintains and helps support a healthy immune system.<sup>◇</sup> It is absolutely necessary for the body to form and maintain collagen, which is the primary substance of skin and connective tissues that hold our bodies together. Vitamin C enhances the body's ability to cope with occasional stress and extra amounts may be desired to cope with unusual frustration and stress, or immune challenges. It is necessary to support healthy liver and adrenal gland function.<sup>◇</sup> People dealing with occasional stress and those living in cities and exposed to other harsh

environmental elements may desire to supplement with additional amounts of vitamin C. Each Vitamin-C-Plus tablet contains 500 mg of vitamin C plus a wide range of natural bioflavonoids from lemon, rutin, hesperidin, cayenne, and acerola. The biochemical functions of bioflavonoids are interwoven with those of vitamin C. In addition to their bioflavonoids content, acerola fruit is one of the richest known natural sources of vitamin C; it also contains trace amounts of vitamin A, riboflavin, pantothenic acid, calcium, iron, phosphorous, magnesium, thiamin, and potassium.

Lifeplus Vitamin-C-Plus tablets provide the body with vitamin C and synergistic bioflavonoids. Vitamin C is the master protector of the aqueous portions of our cells such as the cytoplasm while vitamin E is thought of as the master vitamin to protect the lipid portions of our cells such as the cell membranes.

### Vitamin C Is Important

Vitamin C plays an important anti-

oxidant role in the body. Studies show that those who regularly eat foods high in ascorbic acid enjoy overall good health.<sup>◊</sup> Some of the positive attributes of vitamin C

are: 1) cleansing of body tissues, 2) protection against free radicals, 3) supporting healthy levels of collagen throughout the body, 4) maintenance of already healthy

cholesterol levels and cardiovascular system, and 5) helping maintain good vision.<sup>◊</sup>

**REFERENCES:**

1. Vitamins, Trace Minerals, And Other Micronutrients, by Joel B. Mason, in Goldman's Cecil Medicine (Lee Goldman and Andrew I. Schafer, Editors), 24th Edition, Elsevier Saunders, Philadelphia. Vitamin C (ascorbic acid and dehydroascorbic acid). "It serves primarily as a biologic antioxidant in aqueous environments. Biosyntheses of collagen, carnitine, bile acids, and norepinephrine, as well as proper functioning of the hepatic mixed-function oxygenase system, depend on this property."

<b>Supplement Facts</b>		
<b>Serving Size / 2 Tablets</b>		
<b>Servings Per Container / 150</b>		
<b>Amount Per Serving</b>	<b>% Daily Value</b>	
Vitamin C (from L-Ascorbic Acid, Calcium L-Ascorbate, and Acerola)	1000 mg	1111%
Lemon Bioflavonoids Whole Fruit	100 mg	*
Hesperidin	30 mg	*
Rutin	30 mg	*
Acerola Fruit ( <i>Malpighia puniceifolia</i> L.) Extract	20 mg	*
Cayenne Fruit (Spice Pod)	10 mg	*

\*Daily Value not established.

Vitamin C (L-Ascorbic Acid), Microcrystalline Cellulose, Lemon Bioflavonoids Whole Fruit, earic Acid, Rutin, Hesperidin, Calcium L-Ascorbate, Acerola (*Malpighia puniceifolia* L.) Fruit Extract, Magnesium Stearate, PhytoZyme<sup>®</sup> proprietary blend (Bromelain, Papain, Alfalfa, Parsley, and vegetable and fruit concentrates from Blueberry, Carrots, Broccoli, Spinach, Cauliflower, Kale, Asparagus, Beet, Chili Pepper, Green Bean, Pea, Sweet Potato, Cucumber, Pumpkin, Snow Pea, Tomato, Watercress, Zucchini, Lima Beans, Mushroom, Banana, Cantaloupe, Cranberry, Guava, Lemon, Mango, Orange, Papaya, Peach, Pineapple and Grapefruit), Cayenne Fruit (Spice Pod), and Silica.

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Store and keep out of reach of young children. As with all supplements, please consult your physician prior to taking if you are pregnant or attempting to become pregnant, breast-feeding, under a doctor's care or taking prescription medication.

Formulated in the exclusive PhytoZyme<sup>®</sup> base of plant enzymes for bioavailability and over 30 synergistic fruit, vegetable and herbal concentrates, for "extra" phytonutrient cofactors.

Allergy Information: This product is processed in the same facility that processes products containing fish/shellfish, soy and dairy.

This product was not tested on animals.

Suitable for Vegetarians.

**Directions:** Two tablets per day as a Vitamin C supplement.

◊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.

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