

Vitamin C with Dihydroquercetin

1000 mg, 250 tablets

Item Catalog Number: 00927

Vitamin C, ascorbic acid, is a water-soluble substance found in citrus fruits and green vegetables. It is an important antioxidant that protects the body from free radicals and fights oxidative stress,⁴¹⁻⁴⁴ both of which threaten the immune system. In fact, a major immune-supporting activity of vitamin C is boosting glutathione levels in human lymphocytes,⁴⁵ cells that make up about 25% of all white cells in the blood. Scientists have determined that the body needs high levels of vitamin C during periods of stress.^{46,47}

Because humans do not manufacture vitamin C internally, it must be obtained through dietary sources or supplements. Few people realize, however, that vitamin C is a water-soluble nutrient that is quickly oxidized and excreted by the body,⁴⁸ which limits its efficacy. Until now, those seeking to capture vitamin C's optimal health benefits have had no choice but to consume it several times throughout the day.

Fortunately, a flavonoid antioxidant known as dihydroquercetin functions as a vitamin C "supercharger." Studies demonstrate that dihydroquercetin acts to inhibit the oxidation of vitamin C, thereby helping maintain its concentration and recycle vitamin C throughout the body.^{49,50}

This synergistic relationship between dihydroquercetin and vitamin C greatly enhances the efficacy of both molecules in the body's organs and tissues. Vitamin C with Dihydroquercetin was formulated for those seeking to obtain optimal efficacy and antioxidant protection from a vitamin C supplement.

References

Supplement Facts

Serving Size 1 tablet

Servings Per Container 250

Amount Per Serving

Vitamin C (as ascorbic acid)	1000 mg
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Dihydroquercetin-3-rhamnoside [from Grape Leaf Extract (<i>Vitis vinifera</i>)]	10 mg
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Other ingredients: microcrystalline cellulose, croscarmellose sodium, stearic acid, magnesium stearate, silicon dioxide, aqueous film coating (hydroxypropyl methylcellulose, propylene glycol, triacetin).

Contains corn. This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, or rice. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

Dosage and Use

- Take one tablet daily with food, or as recommended by a healthcare practitioner.

Caution

Ascorbic acid is the acidic form of vitamin C, and even when encapsulated can cause gastric upset or diarrhea for some people. This can often be alleviated by consuming it with meals. Start with a low dose then gradually increase.

If you have a stomach ulcer, use an antacid, buffering agent, or a buffered form of vitamin C. Calcium carbonate and magnesium oxide are effective antacids. Unbuffered ascorbic acid in the mouth may be harmful to tooth enamel.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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