



# Vitamin C 1000 mg Timed Release with Bioflavanoids

*Nature's Harmony® Vitamin C Timed Release with Bioflavanoids provides 1,000 mg of vitamin C from ascorbic acid and natural-sourced bioflavanoids in a supplement formulated to release the ascorbic acid gradually over a period of five to six hours.*

PRODUCT CODE: 400522

## HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Antioxidant. Enhances the immune system.	Tablet (timed release)	Take 1 tablet or more daily, or as directed by a health care practitioner.

## DESCRIPTION:

Nature's Harmony® Vitamin C Timed Release (TR) provides 1,000 mg of ascorbic acid, which is the form which the vitamin is found in foods. Vitamin C is best known for treatment of the common cold, since it is useful as an immune stimulator.

Vitamin C is needed for tissue growth and repair, gum health and is vital for the formation of collagen, the body's structural substance.

Because vitamin C cannot be stored in the body, it must be replenished regularly. This timed release formula provides the vitamin C slowly, allowing the body to utilize it more fully over a period of time.

**Recommended Daily Allowance:** Dosage varies, depending on age.

**Food Sources:** Vegetables: Brussel sprouts, cabbage, collards, kale, parsley, tomatoes, sweet peppers, watercress.  
Fruit: black currants, oranges, lemons, strawberries.

**Causes of Deficiency:** Poor diet.

**Symptoms of Deficiency:** Bleeding gums, easy bruising, fragile bones, poor wound healing, susceptibility to infection, hysteria, depression.

**Complementary Nutrients:** Bioflavonoids, vitamin E, selenium, beta carotene.

## HOW IT WORKS:

Absorption of vitamin C takes place in the small intestine and is distributed to the various tissues of the body via the blood. High levels of ascorbic acid are found in the pituitary gland, the adrenal glands, the various white blood cells and the brain.

There is an increased need for vitamin C in pregnancy, lactation, hyperthyroidism, stress, fever, trauma, burns, smoking and cold exposure, as well as when using estrogens, oral contraceptives, barbiturates, tetracyclines and salicylates.



### DID YOU KNOW...

*Because smokers are under increased oxidative stress from the toxins in cigarette smoke, they generally have lower blood levels of vitamin C.*

# Vitamin C 1000 mg Timed Release with Rose Hips

## RESEARCH:

Research has shown that maximum vitamin C absorption of large doses is attained by ingestion of spaced amounts throughout the day rather than by one single large dose. Furthermore, timed-release forms of large doses will give a higher efficiency of absorption than an equivalent dose that is not timed released.

Years of scientific study supports the fact that vitamin C is a potent antioxidant and immune system booster. Research indicates that it can both stimulate and balance the immune system. Several studies have reported that vitamin C can significantly reduce the duration and severity of the common cold and even reduce its incidence.

Vitamin C's antioxidant activity is well established and that activity may be helpful in the prevention of some cancers and cardiovascular disease. Smokers can benefit from this vitamin since it protects against some of the lipid oxidation caused by smoking.

## SIDE EFFECTS:

Adverse effects to vitamin C are dose related. Rarely, at high doses, individuals may experience diarrhea, headache, redness of skin, nausea or vomiting, stomach cramps, insomnia, sleepiness, heartburn, GI obstruction, inflammation of the esophagus or fatigue.

## OTHER CONSIDERATIONS:

If you are using high doses of vitamin C, inform your physician of this when having blood tests. Vitamin C increases the absorption of iron, decreases the absorption of copper and interferes with the blood test for vitamin B12.

## LABEL:

 <p><b>Vitamine C</b> avec bioflavonoïdes d'agrumes <b>1000 mg</b></p> <p><b>Antioxydant pour le maintien d'une bonne santé</b></p> <p><b>100 comprimés</b> NPN 00401846</p>	<p><b>Usage recommandé:</b> Un facteur dans le développement et le maintien normaux des os, des cartilages, des dents et des gencives. Un facteur dans la cicatrisation des blessures.</p> <p><b>Dose recommandée (adultes):</b> Prendre 1 comprimé par jour avec un repas ou selon l'avis d'un praticien de soins de santé.</p> <p><b>Ingrédients médicinaux:</b> Chaque comprimé contient: Vitamine C (acide ascorbique) ... 1000 mg Bioflavonoïdes d'agrumes (de zeste de Citrus)..... 100 mg</p> <p><b>Ingrédients non médicinaux:</b> phosphate dicalcique, stéarate de magnésium, cellulose, dioxyde de silicium, acide stéarique, hypromellose, glycérine.</p> <p><b>Ce produit ne contient pas d'ingrédient laitier, oeuf, gluten, crustacés, soja, sulfites, dérivés d'origine animale, ou colorants, arômes ou agents de conservation artificiels.</b></p> <p>RANGER DANS UN ENDROIT SEC ET FRAIS. TENIR HORS DE PORTÉE DES ENFANTS.</p>	 <p><b>Vitamin C</b> with citrus bioflavonoids <b>1000 mg</b></p> <p><b>An Antioxidant for the Maintenance of Good Health</b></p> <p><b>100 Tablets</b> NPN 00401846</p>	<p>Actual Size Grandeur réelle</p> <p>DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI L'ÉTOIQUETTE INTÉRIEURE EST BRISÉE.</p> <p><a href="http://www.naturesharmony.com">www.naturesharmony.com</a> 1-877-829-2548</p> <p>SunOpta Inc. &amp; Consumers Co-vent Acton, ON L7J 3K3 A Proud Canadian Company Une compagnie canadienne fière de l'être.</p> <p>FRD - 87% NPN 00401846</p> <p>0 00000 00000 1 0</p> <p>400022 01 06</p>
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