



Timed Release Vitamin C 500 mg with Rose Hips

Nature's Harmony® Timed Release Vitamin C with Rose Hips provides 500 mg of vitamin C from ascorbic acid and naturally sourced rose hips in a supplement formulated to release the ascorbic acid gradually over a period of five to six hours.

PRODUCT CODE: 400616

HEALTH SOLUTIONS:

| RECOMMENDED USE | DOSAGE FORM | RECOMMENDATIONS |
|--|------------------------|---|
| Vitamin C is an antioxidant for the maintenance of good health and helps in the development and maintenance of bones, cartilage, teeth and gums. | Tablet (timed release) | Take 1 tablet one to three times daily. |

DESCRIPTION:

Nature's Harmony® Vitamin C with Rose Hips Timed Release (TR) provides 500 mg of ascorbic acid, which is the form of the vitamin that 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 and gum health, and it is vital for the formation of collagen, the body's structural substance. Another important function for ascorbic acid is that it contributes to the strength of capillary walls in the cardiovascular system.

Nature's Harmony® Vitamin C with Rose Hips TR provides 5 mg of a 1:4 rose hip extract. Rose hips are the fruit of roses, rich in Vitamin C and the major source of natural Vitamin C.

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: Brussels 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.

Timed Release Vitamin C 500 mg 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. Rose hips have no known side effects.

Rose hip vitamin C is contraindicated in those with known hypersensitivity to rose hips. There have been reports of allergic reactions in those harvesting rose hips.

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:

Natures Harmony®

Vitamine C
avec fruits d'églantier
500 mg
Antioxydant pour le maintien d'une bonne santé
60 comprimés

Usage recommandé: La vitamine C est un antioxydant utilisé pour le maintien d'une bonne santé et contribue au développement et au maintien des os, des cartilages, des dents et des gencives.
Dose recommandée (adultes): Prendre 1 comprimé un à trois fois par jour.
Ingrédients médicinaux:
Chaque comprimé contient:
Vitamine C (acide ascorbique) 500 mg
Fruits d'églantier (Rosa canina) fruit 5 mg
Ingrédients non médicinaux: maltodextrine, stéarate de magnésium, dextrose, cellulose microcristalline, chlorure de sodium, amidon de maïs, talc, cellulose.
Ce produit ne contient aucun gluten, soya, dérivé de source animale, ni colorants, arômes ou agents de conservation artificiels.
RANGER DANS UN ENDROIT FRAIS ET SEC. GARDER HORS DE PORTÉE DES ENFANTS.

Recommended Use: Vitamin C is an antioxidant for the maintenance of good health and helps in the development and maintenance of bones, cartilage, teeth and gums.
Recommended Dose (Adults): Take 1 tablet one to three times daily.
Medicinal Ingredients:
Each tablet contains:
Vitamin C (ascorbic acid) 500 mg
Rose hips (Rosa canina) fruit 5 mg
Non-medicinal Ingredients:
Maltodextrin, magnesium stearate, dextrose, microcrystalline cellulose, sodium chloride, corn starch, talc, cellulose.
This product does not contain gluten, soy, animal derivatives, or artificial colours, flavours or preservatives.
STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

Natures Harmony®

Vitamin C
with Rose Hips
500 mg
Antioxidant for the maintenance of good health
60 Tablets

Actual Size
Grandeur réelle
DO NOT USE IF SEAL UNDER CAP IS BROKEN.
NE PAS UTILISER SI L'OPERCULE INTERIEUR EST BRISÉ.
www.naturesharmony.com
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6 Commerce Crescent
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Une compagnie canadienne fière de l'être.
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DID YOU KNOW...

Most animals are able to manufacture their own vitamin C, but humans are unable to do so and must rely on dietary sources.