



Vitamin C 500 mg with Rose Hips

Nature's Harmony® Vitamin C with Rose Hips provides 500 mg of vitamin C from ascorbic acid and naturally sourced rose hips in an easy-to-swallow coated caplet. This formula is enhanced with acerola, lemon bioflavonoids, hesperidin, rutin, quercetin and orange peels to enhance its effectiveness.

PRODUCT CODE: 400615

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	Adults take 1 tablet three times daily or as recommended by a health care practitioner.

DESCRIPTION:

Nature's Harmony® Vitamin C with Rose Hips 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 provides 18.75 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.

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...

During World War II, the British discovered rose hips as an excellent source of vitamin C and made them into teas, soups and syrups. Children who received these supplements daily prevented the development of scurvy.

Vitamin C 500 mg with Rose Hips

RESEARCH:

Research indicates that Vitamin C 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 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:




**Vitamine C
avec églantier
et bioflavonoïdes
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.
Posologie recommandée (adultes): Prendre 1 comprimé, trois fois par jour, ou selon l'avis d'un praticien de soins de santé.
Ingrédients médicinaux:
Chaque comprimé contient:
Vitamine C (acide ascorbique)..... 500 mg
Extrait d'églantier (Rosa canina) à 4:1 (équivalent à 75 mg plante fraîche)..... 18,75 mg
Pelure de bioflavonoïdes de citron (Citrus limonum)..... 1,25 mg
Extrait de fruit d'acérola (Malpighia glabra) à 4:1 (équivalent à 2 mg plante fraîche)..... 0,5 mg
Pelure de complexe d'héspéridine (Citrus aurantium)..... 0,5 mg
Fruit de rutine (Dimorphandra mollis)..... 0,5 mg
Fruit de quercétine (Sophora japonica)..... 0,5 mg
Pelure d'orange (Citrus sinensis)..... 0,5 mg
Ingrédients non médicinaux: cellulose, acide stéarique, croscarmellose sodique, stéarate de magnésium, dioxyde de silicium, hypromellose, glycérol.
Ce produit ne contient pas de maïs, ingrédients laitiers, oeuf, gluten, crustacés, soya, sulfites, dérivés de source animale ou colorants, arômes ou agents de conservation artificiels.
RANGER DANS UN ENDROIT FRAIS ET SEC. TENIR HORS DE PORTÉE DES ENFANTS.



**Vitamin C
with Rose Hips
and Bioflavonoids
500 mg**

**Antioxidant for the
maintenance of good health**

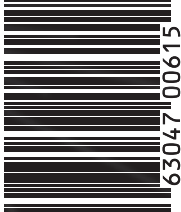
60 Tablets

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 three times daily or as recommended by a health care practitioner.
Medicinal Ingredients:
Each tablet contains:
Vitamin C (ascorbic acid).....500 mg
Rose Hip (Rosa canina) extract 4:1 (equivalent to 75 mg raw herb)18,75 mg
Lemon bioflavonoids (Citrus limonum) peel.....1,25 mg
Acerola Fruit (Malpighia glabra) extract 4:1 (equivalent to 2 mg raw herb)0,5 mg
Hesperidin complex (Citrus aurantium) peel.....0,5 mg
Rutin (Dimorphandra mollis) fruit.....0,5 mg
Quercetin (Sophora japonica) fruit.....0,5 mg
Orange (Citrus sinensis) peel.....0,5 mg
Non-medicinal Ingredients: Cellulose, stearic acid, croscarmellose sodium, magnesium stearate, silicon dioxide, hypromellose, glycerin.
This product does not contain corn, dairy, egg, gluten, shellfish, soy, sulfites, animal derivatives, or artificial colours, flavours, or preservatives.
STORE IN A COOL DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

Actual Size
Grandeur réelle

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