

Vitamin C 500 mg

Nature's Harmony® Vitamin C 500 mg is a natural-source ascorbic acid supplement—the major dietary form of this important vitamin.

PRODUCT CODE: 400614

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
A factor in the normal development and maintenance of bones, cartilage, teeth and gums. A factor in the maintenance of good health. A factor in wound healing.	Tablet	Take 1 tablet or more daily, or as directed by a health care practitioner. Maximum daily dose: 4 tablets.

DESCRIPTION:

Nature's Harmony® Vitamin C 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.

Recommended Daily Allowance: Dosage varies, depending on age.

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

Causes of Deficiency: Inadequate dietary intake, bile acid or pancreatic deficiency, liver disease, zinc deficiency.

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, breastfeeding, hyperthyroidism, stress, fever, trauma, burns, smoking and cold exposure, as well as when using estrogens, oral contraceptives, barbiturates, tetracyclines and salicylates.



DID YOU KNOW...

Natural and synthetic ascorbic acid are chemically identical and there are no known differences in their biological activities or bioavailability.

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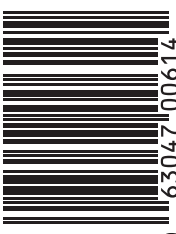
RESEARCH:

The efficacy of vitamin C as a potent antioxidant and immune system booster is supported by years of scientific study. 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. There is also preliminary evidence that the vitamin can be useful in helping with other respiratory infections. 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.

OTHER CONSIDERATIONS:

If you are using high doses of vitamin C, inform your health care practitioner 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>Vitamine C 500 mg USP</p> <p>Un facteur dans le développement et le maintien des os, cartilages, dents et gencives</p> <p>60 comprimés NPN 80002091</p>	<p>Usage recommandé : Un facteur dans le développement et le maintien normaux des os, des cartilages, des dents et des gencives. Un facteur dans le maintien d'une bonne santé. Un facteur dans la guérison des blessures.</p> <p>Dose recommandée (adultes) : Prendre 1 comprimé ou plus par jour. Ne pas dépasser 4 comprimés par jour.</p> <p>Ingrédients médicinaux : Chaque comprimé contient Vitamine C (acide ascorbique)500 mg USP</p> <p>Ingrédients non médicinaux : cellulose microcristalline, phosphate de calcium, croscarmellose sodique, acide stéarique, dioxyde de silicium, stéarate de magnésium, cellulose, glycérine.</p> <p>Ce produit ne contient aucun ingrédient laitier, œuf, gluten, crustacés, soya, sulfites, blé, dérivés d'origine d'animal, ni colorants, arômes ou agents de conservation artificiels.</p> <p>RANGER DANS UN ENDROIT FRAIS ET SEC. TENIR HORS DE LA PORTEE DES ENFANTS.</p>	<p>Recommended Use: A factor in the normal development and maintenance of bones, cartilage, teeth and gums. A factor in the maintenance of good health. A factor in wound healing.</p> <p>Recommended Dose (Adults): Take 1 tablet or more daily. Do not exceed 4 tablets in one day.</p> <p>Medicinal Ingredients: Each tablet contains Vitamin C (ascorbic acid)500 mg USP</p> <p>Non-medicinal Ingredients: Microcrystalline cellulose, calcium phosphate, croscarmellose sodium, stearic acid, silicon dioxide, magnesium stearate, cellulose, glycerin.</p> <p>This product does not contain dairy, egg, gluten, shellfish, soy, sulfites, wheat, animal derivatives, or artificial colours, flavours or preservatives.</p> <p>STORE IN A COOL DRY PLACE. KEEP OUT OF REACH OF CHILDREN.</p>	 <p>Vitamin C 500 mg USP</p> <p>A Factor in the Development & Maintenance of Bones, Cartilage, Teeth & Gums</p> <p>60 Tablets NPN 80002091</p>	<p>Actual Size Grandeur réelle</p> <p>DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI L'OPERCULE INTERIEUR EST BRISÉ.</p> <p>www.naturesharmony.com 1-877-929-2548</p>  <p>SunOpta Inc. 6 Commerce Crescent Acton, ON L7J 2K3</p> <p>A Proud Canadian Company Une compagnie canadienne fière de l'être.</p>  <p>0 63047 100614 5</p> <p style="writing-mode: vertical-rl; transform: rotate(180deg);">400614-01-02</p>
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