



Vitamin C-500

Time Released Dietary Supplement with Rutin

This Vitamin C Is Unique:

- Vitamin C-500 is time released Ascorbic Acid with Rutin, designed to maximize “bowel tolerance”.
- Because the body uses vitamin C at about 500 mg per hour. This product is not as likely to be rapidly excreted.
- Rutin works synergistically with vitamin C

The Vitamin C in this product is prepared so that part is released immediately and the balance in delayed stages. Vitamin C is a very powerful anti-oxidant, especially in lipid and vitamin metabolism. Of particular interest is its ability to reconstitute Vitamin E and prevent oxidation of tetrahydrofolate.

Rutin is a bioflavonoids with anti-oxidant action. Bioflavonoids are important in collagen cross-linking. They generally are an adjunct to Vitamin C. Bioflavonoids, including the buckwheat-derived rutin, have been used in easy bruising and capillary fragility.

Vitamin C Uses:

Vitamin C promotes tissue healing and integrity, enhances immune function, has an anti-histamine effect, an antiviral and antibacterial effect. It is required for the production and maintenance of collagen by its part in the synthesis of chondroitin sulfate and the synthesis of hydroxy proline from proline. It plays an active role in the production of neurotransmitters. It is involved in lipid metabolism, particularly in its role in Carnitine synthesis and cholesterol metabolism. It is a component of major drug metabolizing enzyme systems. It is extremely important in wound healing and immune function.

Vitamin C is very important to proper function of the eye.

John W Jones, MD, MPH
Nutritional Consultant for Nutrition Pure and Simple
www.jjconsulting.net

Supplement Facts: Serving Size: 1 Capsule, Servings per Container: 100

Each capsule contains 500 mg Vitamin C (ascorbic acid)

Other Ingredients: Rutin, nonpareil seeds (sugar spheres), Microcrystalline cellulose, food glaze, gelatin.

Suggested Use: One capsule after each meal or as directed by a health professional.

The ingredients in this product are supplied by well respected USA and/or European vendors and are analyzed for purity and quality.

How **Vitamin C-500** is Supplied:

VMVC500 bottles of 100 capsules

Related Products: Ultra C-1000, Ultra Chew C, Rutin, Quercetin



Phone: 888.953.5553
www.nutritionpureandsimple.com

*These statements have not been evaluated by the Food and Drug Administration
Products are not intended to diagnose, treat, cure, or prevent any disease*