

## VITAMIN C

### With Aloe Vera

**Vitamin C** is a water-soluble vitamin that it is not stored in the body, so we must take it daily through drinks, food or supplements. Some of this vitamin is obtained from the Acerola and Canin Rose.

### QUALITIES

It has a positive action regarding:

- **Muscles:** It improves the muscle contraction, necessary for the organism to synthesize carnitine from the lysine. Thanks to this process we avoid cardiac failures. The elderly who lack of vitamin C, have great muscular weakness but with a daily intake of Vitamin C they increase carnitine and gain strength.

- **Sports:** With 1 g. of Vitamin C daily it decreases the cardiac frequency between 7 and 10 beats. This improves the functional capacity at a cardiac level so there is greater capacity to distribute the nutrients and oxygen with less energetic expenditure. Besides the Vitamin C contribution, increases the quantity of fatty acids in plasma which provides more energy to the muscles. This is particularly important on long lasting exercises.

- **Heart:** Different studies show that it helps to repair wounds in the myocardium.

- **Blood circulation:** It decreases cholesterol, avoiding the atheroma plates. It strengthens the vascular and capillary endothelium. It decreases the risk of clotting and thrombosis. It has an anti-bleeding action. It is of help in the varicose treatment.

- **Cholesterol:** Studies on people with high level of cholesterol have shown that the daily intake of 1 gr for 4 weeks decreases such level. On the contrary, the deficiency of Vitamin C is a factor that favours the increase of cardiorespiratory diseases.

- **Immunity:** Vitamin C exercises an anti-infectious and anti-toxic action with which increases defences and balances the immune system. It also favours the production of Ig M, anti-bodies of the first line of defence. The use of Vitamin C is especially important on infectious and viral diseases, colds, allergies, malaria, arthritis, cancer, sclerosis, AIDS, etc.

- **Cancer:** It exists a relation between a low consumption of Vitamin C and a higher incidence of cancer. The person with cancer has high need of Vitamin C. The level of Vitamin C is a determining factor in the development of resistances against carcinogenics as it detoxifies and inhibits their action. It helps collagen in its action of encapsulating the tumour. Different studies confirm that high doses of Vitamin C achieve to increase the duration and quality of life on terminal patients apart from the spectacular decrease of pain requiring less quantity of analgesic drugs.

- **Detoxifying and anti-pollution:** Its action is produced by neutralising toxics at an intrahepatic level by excreting toxics through the kidney and avoiding the oxidative harm of free radicals. It protects from toxic metals, it helps to eliminate lead via renal routes, it protects from the negative effects of tobacco and alcohol and also from the side effects of medicines. Its basic action is due to the stimulant of the detoxifying systems of the liver. It is necessary to considerate that most of the medicines increase the needs of Vitamin C.

- **Antioxidant:** Avoid the oxidation of fatty polyunsaturated acids in the cell membranes. It neutralises free radicals which contributes to prevent from premature aging.

### MODE OF USE

It is recommended to take 2 chewable tablets a day or more depending on medical advice and always out of the main meals to improve its absorption.



90 chewable tablets (ref.2081)

### FORMULA

#### (Ingredients per tablet)

Vitamin C (Ascorbic acid and Calcium ascorbate) 471mg, Acerola extract (50%vitamin C) 25 mg, Rosa canina extract (70% vitamin C) 25 mg. Total intake of vitamin C: 501 mg (626% NRV), orange bioflavonoids (60% hesperidin) 25 mg, Barbados Aloe vera 200:1 powder (leaves) 5mg, sweetener (sorbitol, glycoside steviol), fructose, anticaking (Stearic acid, magnesium stearate, silicon dioxide), wild berry flavour, c.s.

#### DID YOU KNOW THAT...?

*The most serious deficiency of Vitamin C it is known as scurvy, it is normally observed with more frequency in the elderly and undernourished people. It produces weakening, anaemia, inflamed gums, and haemorrhoids.*