

NATURE'S SUNSHINE
TIMED RELEASE VITAMIN C

1000mg TABLETS STOCK NO.1635



THE POTENTIAL BENEFITS

The importance of vitamin C in human nutrition is well documented. Chief functions of vitamin C are: aids absorption of iron; important in the manufacture of adrenal cortical hormones, polysaccharide and collagen. It is used in forming bones, teeth and cartilage, maintaining strength of capillaries and it is important in forming white blood cells which fight infection; it detoxifies drugs and protects the circulatory system from fat deposits.

There are many factors affecting the needs for vitamin C in humans; stress from tension or fatigue; cigarette smoking; alcohol; food additives, drugs, toxic elements; air pollution and allergies or illness.

Whichever way you look at it, we need a constant supply of good quality Vitamin C, which is a water soluble vitamin and cannot be stored in the body for very long. It is recommended that vitamin C be taken in several smaller doses throughout the day at intervals, or to use the convenient timed release vitamin on a regular basis.

NSP Timed Release Vitamin C 1000 mg tablets are specially prepared to provide a controlled, slow release of vitamin C to the body over an extended period of time for improved bio availability, minimal urinary excretory loss and reasonably stable serum vitamin C levels. The slow release of vitamin C from the tablet is accomplished by building a series of different coatings into the tablet using naturally derived protein materials.

The formula provides in each tablet 1000 mg of vitamin C in a rich base of rose hips extract, acerola extract, rutin, lemon bioflavonoids and hesperidin complex. Vitamin C is known to work best in the company of bioflavonoids because of their synergistic effect.

You may already be taking some kind of Vitamin or Food Supplement on a regular basis but still fall victim to chest or throat infections. Well, the next time this happens, this little tablet will surprise you!

It contains one of the best prepared Vitamin C products available, and one tablet delivers the finest Vitamin C throughout your digestive tract, steadily and gently for 5 to 6 hours.

so - **obtain a bottle of Vitamin C 1000 SR**

and the next time you are aware of a tickle in the throat or nose, a swollen throat or a sensation that you've picked up some unwelcome visitor -

take one tablet with a full tumbler
of fresh water every 2 hours
(or two every 4 hours if that's easier).

Within 48 hours you'll get a positive result, but keep up the routine until the infection subsides - within 5 days - then reduce the number to 1 every 4 hours for three days, 1 morning and night for three days, and 1 each morning thereafter.

It may be found with experience that a slightly higher amount provides best protection.

Nature's Sunshine Products

For further information about Nature's Sunshine Products and their complete range of Quality Food Supplements go to www.naturessunshine.co.uk

Disclaimer: Nothing written or portrayed in this publication should be taken as a prescription, diagnosis or a substitute for consultation with your GP or health professional.

FOR MORE INFORMATION ABOUT THIS
OR NATURE'S SUNSHINE PRODUCT RANGE

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