
VITA-C 500 SUSTAINED RELEASE

Believe it or not, various types of citrus fruit – which everyone assumes are rich in vitamin C – actually supply only a small amount of vitamin C in a typical serving. A medium orange, for instance, contains just 66 mg of vitamin C; half a grapefruit contains only about 37 mg. That's why it would be extremely difficult to manufacture a conveniently sized tablet consisting only of 100% natural materials containing the entire amount of vitamin C needed to be effective as a daily therapeutic dosage.

Instead, Shaklee uses vitamin C derived from corn starch ("natural-source vitamin C") to provide the bulk of the label claim of vitamin C. The vitamin C produced in this way is exactly the same molecule that occurs in citrus fruit. Since natural vitamin C is usually found in foods with other related factors, Shaklee mimics Mother Nature by adding to our tablets other natural ingredients that contain vitamin C and closely related compounds. For example, our **Vita-C 500 Sustained Release** tablets contain 500 mg of natural-source vitamin C plus bioflavonoids, hesperidin, and rose hips powder.

Why is it so important for us to include adequate amounts of vitamin C in our daily diets?

Vitamin C helps maintain the body's natural antioxidant defence against damage to water-soluble segments of cells caused by exposure to smog, smoke, and poor eating habits. In addition to being such a powerful antioxidant, vitamin C helps maintain the health of bones, cartilage, teeth, and gums. It also helps the body metabolize fats and proteins, and helps in connective tissue formation and wound healing.

Our bodies cannot make or store vitamin C, which, since it's lost during everyday activity, needs to be replenished daily to prevent a vitamin C deficiency. Taking two Shaklee **Vita-C 500 Sustained Release** tablets five hours apart has been shown in clinical tests to maintain vitamin C levels over 24 hours – equivalent to taking 100 mg of vitamin C every hour for 10 straight hours. And these levels were significantly greater over a 24-hour period than levels resulting from taking 1000 mg of vitamin C all at one time.

The best way to ensure a steady supply of vitamin C to your cells is by taking Shaklee **Vita-C 500 Sustained Release** tablets – the first sustained-release vitamin C supplement to use all-natural gums and waxes to release pure, protective vitamin C gently and continuously.