Natural C Plus 500

DESCRIPTION
Natural C Plus 500 tablets from Douglas Laboratories provide 500 mg of Vitamin C with rose hips and an additional amount of bioflavonoid complex.

FUNCTIONS
Vitamin C (ascorbic acid) has numerous biological functions. Foremost, it is essential for the synthesis of collagen and glycosaminoglycans which are the building materials of all connective tissues, such as skin, blood vessels, tendons, joint cartilage and bone. Vitamin C is the required coenzyme for two groups of enzymes that catalyze the crosslinking of collagen fibers - lysyl hydroxylases and prolyl hydroxylases. As such, vitamin C is essential for normal wound healing and capillary health. It also participates in the biosynthesis of carnitine, serotonin, and certain neurotransmitters, including norepinephrine.

Vitamin C is among the most powerful antioxidants in humans and animals. It is a water-soluble, chain-breaking antioxidant that reacts directly with superoxide, hydroxyl radicals, and singlet oxygen. Laboratory studies show that vitamin C completely protects lipids in plasma and low-density lipoprotein (LDL) against atherogenic peroxidative damage. In addition, vitamin C interacts with glutathione and alpha-lipoic acid, and regenerates vitamin E. The antioxidant functions of vitamin C appear to have clinical significance in providing protection from free radical damage to the eyes, lungs, blood and the immune system. Vitamin C is absorbed in the small intestine by a sodium-dependent transport process that is intake dependent. At normal dietary intakes of 60 to 100 mg, up to 80 or 90% of the vitamin C is absorbed. At higher intakes, absorption becomes less efficient. Absorption efficiency and vitamin C utilization may be greatly enhanced during conditions of physiological stress, such as trauma or infection.

Bioflavonoids (also called flavonoids) are a class of phytochemicals that are potent antioxidants, which scavenge many potentially damaging free radicals. The bitter tasting flavanones hesperidin and naringin, from the white albedo layer of citrus peels, have been shown to extend the nutritional functions of vitamin C. Bioflavonoids such as rutin can also support the health of the body’s circulatory system by helping maintain capillary blood flow and proper vascular permeability, integrity, and resiliency.

INDICATIONS
Natural C Plus 500 tablets may be a useful dietary supplement for those who wish to increase their daily intake of this important antioxidant vitamin together with a bioflavonoid complex.

FORMULA (#7090)
Each Tablet Contains:
Vitamin C ........................................................................................................500 mg
Bioflavonoids (citrus) .....................................................................................100 mg
(including rutin and hesperidin)
Proprietary blend ..........................................................................................21 mg
Alfalfa, rose hips, acerola (fruit)

Other ingredients: cellulose, vegetable stearate, silica

SUGGESTED USE
Adults take 1 tablet daily or as directed by a healthcare professional.
Natural C Plus 500

SIDE EFFECTS
No adverse side effects have been reported.

STORAGE
Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

For more information on Natural C Plus 500 visit douglaslabs.com

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.