

Product number B001 - Ascorbyl palmitate 150 grams powder

Ascorbyl palmitate is a fat-soluble form of vitamin C in which ascorbic acid is linked to (esterified with) the dietary fatty acid palmitic acid. Humans cannot produce vitamin C themselves and must obtain this nutrient through their diet.

In the human body, vitamin C contributes to:

Supporting the normal functioning of the immune system; it aids the body's defenses and helps maintain good resistance.

Playing a role in the activity of enzymes involved in energy metabolism; it can help reduce energy deficiency and supports the reduction of fatigue and tiredness.

Maintaining good/strong resistance during and after training or sports performance.

Having a positive influence on the functioning of the nervous system.

Supporting brain and nerve functions involved in reasoning ability; vitamin C is beneficial for memory, learning performance, concentration, and mood.

Supporting collagen formation, which is important for the condition of blood vessels, the maintenance of strong bones and healthy cartilage, the maintenance of healthy skin, keeping teeth strong, and the normal functioning of the gums.

Promoting the absorption of iron from meals/diet.

Acting as an antioxidant and helping to scavenge free radicals in (body) cells; it helps protect cells against oxidative damage caused by air pollution and UV radiation. Vitamin C acts as an antioxidant for vitamin E, regenerating it and restoring it to its active, functional form.

Ingredients and % Reference Intake per level scoop:

Ascorbyl palmitate powder 2.4 grams

2.4 grams of ascorbyl palmitate provides 1000 mg of vitamin C (= 1250% RI) and 1400 mg of palmitic acid.

Excipients: none.

Powder usage:

Adults generally take 1 level scoop once daily (1 level scoop = 2.4 grams of powder), unless otherwise advised by a professional. This product is not water-soluble and is therefore best mixed into food (e.g., Biogarde or yogurt). Do not exceed the recommended dosage. Keep out of reach of children. Do not use if hypersensitive to any of the ingredients in this product. A dietary supplement is not a substitute for a balanced diet.

