

## **Vitamin C Complex**

### **Description**

#### **Product number B003 - Vitamin C-Complex 100 tablets**

Combination of vitamin C and citrus bioflavonoids. Ascorbic acid is a water-soluble form of vitamin C. People cannot produce vitamin C themselves and must take this nutrient with food.

#### **In the human body, vitamin C contributes to:**

- The protection of cells against oxidative stress and the regeneration of the active form of vitamin E.
- The normal formation of collagen for the normal functioning of the blood vessels, cartilage, bones, skin, teeth and gums.
- The normal functioning of the immune system and ensures good resistance.
- A normal energy-yielding metabolism and a reduction in fatigue.
- The normal functioning of the nervous system and normal psychological function.
- The absorption of iron from the diet.

#### **Ingredients and% Reference Intake per tablet:**

Vitamin C (L-ascorbic acid) 1000 mg (1250% RI)

Citrus bioflavonoids 50 mg

Fillers: Maltodextrins (from corn), microcrystalline cellulose, rice starch. Anti-caking agent: cottonseed oil, diglyceride, silica, vegetable magnesium stearate.

#### **Use and warnings:**

Adults: 1 to 2 x 1 tablet daily with meals. Do not exceed the recommended dosage. Keep out of reach of children. Do not use in case of hypersensitivity to one of the ingredients in this product. A dietary supplement is not a substitute for a balanced diet.