

Ascorbates Complex

Description

Product number B050 - Ascorbates-Complex 100 Vecaps

Combination of four mineral ascorbates: magnesium ascorbate, calcium ascorbate, zinc ascorbate and sodium ascorbate. In mineral ascorbates, vitamin C (ascorbic acid) is linked to a certain mineral, making vitamin C less acidic and making it more stomach-friendly for some.

In the human body, vitamin C contributes to:

Also contributes to the normal functioning of the immune system. It supports the body's defenses and also ensures good resistance.

Plays a role in the activity of certain enzymes involved in energy metabolism and can help reduce the lack of energy and support the reduction of tiredness and fatigue.

Vitamin C contributes to the maintenance of good / strong resistance during and after training / sports (performance).

Has a positive effect on the functioning of the nervous system.

Contributes to brain and nerve functions involved in reasoning / reasoning. Vitamin C is good for memory, learning performance, concentration and mood.

Because vitamin C contributes to the formation of collagen, it is important for a good condition of the blood vessels, it contributes to the maintenance of strong bones and the maintenance of healthy cartilage, it ensures the maintenance of healthy skin, it helps the keep teeth strong and contribute to normal gum function.

Promotes the absorption of iron from meals / nutrition.

Vitamin C is an antioxidant and contributes to the capture of free radicals in (body) cells. It helps protect the cells from oxidative damage from air pollution and UV radiation.

Vitamin C acts as an antioxidant for vitamin E and regenerates / returns it to an active / working form.

Ingredients and% Reference Intake per 2 Vecaps:

Magnesium, calcium, zinc and sodium ascorbate

Each capsule contains basic:

Vitamin C (ascorbate) 1826 mg 2282%

Magnesium 92 mg 24.6%

Calcium 36 mg 4.5%

Zinc 8 mg 80%

Sodium 12 mg

Filler: microcrystalline cellulose. **Anti-caking agents:** silicon dioxide, vegetable magnesium stearate. Capsule wall: HPMC.

Usage and warnings: Adults take 1 capsule twice a day with meals or as directed by an expert. If desired, the contents of the capsules can be mixed with the food. Do not exceed recommended dosage. Keep out of reach of children. Do not use in hypersensitivity to any of the ingredients in this product. A dietary supplement is not a substitute for a balanced diet.