

# Vitamin C

*500 mg / Orange-Flavored Chewable*

## DESCRIPTION

Vitamin C 500 mg Chewable contains vitamin C (as sodium ascorbate and ascorbic acid) in an orange-flavored chewable tablet.

## FUNCTIONS

Vitamin C 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. Vitamin C 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.

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 60-100 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. Maximal absorption is attained by the ingestion of several doses spaced throughout the day rather than in one, larger dose.

## INDICATIONS

Vitamin C 500 mg Chewable may be a useful dietary supplement for those who wish to increase their daily intake of this antioxidant vitamin.

## FORMULA (WW #10156)

### 1 Chewable Vegetarian Tablet Contains:

Vitamin C ..... 500 mg  
(as sodium ascorbate and ascorbic acid)

Other Ingredients: fructose, sorbitol, natural orange flavor, orange juice crystals, natural tangerine flavor, and natural pineapple flavor.

This product contains NO added salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors.

## SUGGESTED USE

Adults chew 1 tablet 1-2 times daily or as directed by a healthcare professional.

## SIDE EFFECTS

No adverse effects have been reported.

## STORAGE

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

## REFERENCES

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- Barabas J, Nagy E, Degrell I. Ascorbic acid in cerebrospinal fluid-A possible protection against free radicals in the brain. *Arch Gerontol Geriatr* 1995;21:43-48.
- Bendich A, Langseth L. The health effects of vitamin C supplementation: A review. *J Am Coll Nutr* 1995;14:124-136.
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- Bielory I, Gandhi R. Asthma and vitamin C. *Ann Allergy* 1994;73:89-96.

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.