



# EAT AND THINK 2WIN

## Super C

• **Super C** capsules contain a nonacidic, calcium ascorbate form of Vitamin C combined with potent antioxidants to support the healthy functioning of the entire body

• **Super C** is a unique form of Vitamin C that is created through a patented, water based process that combines Vitamin C and calcium. Super C is non-acidic and should be well-tolerated by those who are sensitive to the acidic nature of ascorbic acid.

### Functions

• **Vitamin C (ascorbic acid)** has numerous biological functions. 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 other 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 Super C (Vitamin C) completely protects lipids in plasma and low-density lipoprotein (LDL) against peroxidative damage. In addition, Vitamin C interacts with glutathione and aliphatic 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.

**Bioflavonoids (also called flavonoids)** are a class of phytochemicals that are potent antioxidants, which scavenge many potentially damaging free radicals. Another aspect of the antioxidant properties of bioflavonoids is their synergy with Vitamin C. 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 are also capable of binding to metal ions, which prevents these metals from acting as catalysts in the body to enhance free radical production.

Many bioflavonoids, especially rutin and quercetin, support the health of the body's circulatory system by helping maintain capillary blood flow and proper vascular permeability, integrity, and resiliency. Pycnogenol® is made exclusively from the bark of the European coastal pine, Pinus maritima, which grows along the Atlantic coast of southern France. Pycnogenol is one of the most powerful natural free-radical scavengers yet discovered. As such, it reduces oxidative damage to vital tissues and helps maintain a healthy capillary system.

### Indications

Super C Plus may be a useful dietary supplement for those who wish to supplement their diet with this complementary blend of a unique, non-acidic form of vitamin C and citrus bioflavonoids.

## SUPPLEMENT FACTS

### Each Capsule Contains:

|  |        |
|--|--------|
| Vitamin C .....                                | 530 mg |
| (from 675 mg of Ester-C® calcium ascorbate)    |        |
| Calcium .....                                  | 60 mg  |
| (as Ester-C® calcium ascorbate)                |        |
| Bioflavonoids .....                            | 50 mg  |
| Pycnogenol .....                               | 3 mg   |
| Rutin .....                                    | 50 mg  |
| Proprietary Blend .....                        | 6 mg   |
| (Quercetin, Echinacea root, and Beta-Carotene) |        |

**Other ingredients:** Cellulose, gelatin (Capsule), and vegetable stearate.

• **Suggested use:** 1 capsule daily or as directed by healthcare professional

Manufactured to cGMP standards and distributed by:



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\*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.