



Complete C™

Food Nutrient vitamin C is unlike other forms of vitamin C, in that it provides a complete food matrix of nutrient co-efficients. Containing all the associated bioflavonoids, proteins, carbohydrates, amino acids and other factors associated with a complete food, this revolutionary breakthrough form of vitamin C is fully deserving of the name 'Complete C™'. The bioflavonoids, naturally accompanying vitamin C, enhance its uptake, protect vitamin C from oxidation and thereby assist in preventing inflammation and allergies.

As an essential nutrient that humans do not have the ability to manufacture or store in the body, vitamin C must be obtained daily through the diet. Vitamin C is required for growth and tissue repair in the body and is necessary to form collagen, an important structural component of the blood vessels, skin, tendons, ligaments and bone. Vitamin C plays a role in the synthesis of the neurotransmitter norepinephrine, thus is a critical vitamin for healthy brain function. Vitamin C is also a highly effective antioxidant, protecting the body's cells from free radical damage.

It is common practice to mega-dose or prescribe vitamin C "to bowel tolerance" with the conventional chemically-based USP supplement form of vitamin C. However, based on published in peer review medical journals studies, it have been shown that Complete C™ offers increased absorption, greater bio-availability, higher nutritional values, lower acidity and reduced toxicity compared to other forms of vitamin C. In clinical studies, it has been demonstrated that one 250 mg tablet of Complete C™ is equivalent to 1,500 mg of ascorbic acid (conventional USP vitamin C), thus allowing greater delivery of nutrients at a significantly reduced dosage.

Dr. Andy Szalay (Food Matrix inventor and founder of Grow Company) was part of the scientific team that studied under and worked with Nobel Prize winner, Dr. Albert Szent-Gyorgyi on the discovery of vitamin C (isolated ascorbic acid). In Dr. Szent-Gyorgyi's later research, he concluded that there were important carrier food factors (as a food matrix) composed of bioflavonoids, carbohydrates, proteins, enzymes and fatty acids. This matrix was then build around vitamin C to make it a complete nutrient complex. Dr. Andy Szalay, furthered this research and in 1977, he developed the first whole food supplement, that was later patented as the Food Matrix process. The food matrix enables the body to recognize the nutrients as 'food' and thus allowing for maximum nutritional benefit.

Medicinal Ingredients: Each tablet contains:

Vitamin C (ascorbic acid)250 mg
 Bioflavonoids (citrus pulp)20 mg

Non-medicinal Ingredients: stearic acid, magnesium stearate, silicon dioxide, zein.

Recommended Dosage (adult): Take one tablet a day or as directed by a healthcare practitioner.

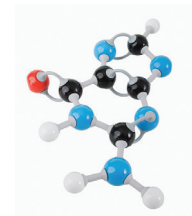
Delivering a Complete Food Matrix Food Nutrients versus Isolates - Vitamin C

Food Nutrient Vitamin C contains:

- Ascorbic acid
- Carbohydrates
- Proteins
- Lipids
- Enzymes
- Glycoproteins
- Lipoproteins
- Bioflavonoids
- Phospholipids
- Fatty Acids
- Amino acids

Isolated Ascorbic Acid contains:

- Only the chemical Isolate Ascorbic acid



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