**EFFERVESCENT DRINK MIX**

*Tropical Fruit Flavour with Açaï Berry*

Quick and long acting compared to other forms of Vitamin C:

- Absorbs into the blood faster
- Stays in the blood longer
- Co-factors keep Vit C within the cells\(^1,2\)
- 148% more bioavailable\(^3\)
- Enhanced absorption with effervescent solution

**Vitamin C Absorption Comparison Chart**

- Ascorbic Acid: 10%
- Chelated vitamin C: 30%
- C Boost: 90%

30 Servings per bottle.
C Boost is a Food Nutrient formula designed for high bioavailability, assimilation and absorption. This unique form of vitamin C contains all nutrient coefficients (carbs, proteins, lipids, enzymes, glycol & lipoproteins, bioflavonoids, fatty acids and amino acids) to create a complete food matrix molecule, fully recognized and absorbed by the body as food. Studies show it is 148%\(^{1,2}\) more bioavailable than USP ascorbic acid.

Human studies show that the Food Nutrient vitamin C found in C Boost has higher plasma and RBC absorption than ascorbic acid alone\(^3\). This is backed by decades of clinical research by Dr. Albert Szent-Gyorgyi (1937 Nobel Price for Medicine for the first isolate vitamin C and biological oxidation in the Kreb’s Citric Acid Cycle) and Dr. Andy Szalay who created and perfected the Food Nutrient line of whole food matrix supplements.

Practitioners Use Vitamin C for:
- Healthy immune system, cold & flu
- Skin, wound healing, connective tissue & collagen production
- Constipation, bowel health
- Antioxidant for stress & anti-aging
- Cholesterol, vascular inflammation & cardiovascular health
- Osteoporosis, gout, arthritis
- Eye health, macular degeneration, cataracts
- Inflammation, allergies, asthma
- Mouth, gum & teeth health

Why Use C Boost?
- Buffered and alkaline, with no stomach upset
- Does not acidify the urine or cause kidney stones
- Complete food matrix of all nutrient coefficients for vitamin C

Triple action to promote enhanced absorption:
- Effervescent solution
- Food matrix with vitamin C co-factors, body recognizes as food
- Added sodium ascorbate and potassium bicarbonate for cellular uptake through sodium-potassium pathways

Effervescent food matrix vitamin C enhanced with sodium ascorbate for maximum absorption

Clinical Pearls: Vitamin C Applications by Harlan Lahti, B.Sc. Pharm, DNM

<table>
<thead>
<tr>
<th>Condition</th>
<th>Benefit of Vitamin C</th>
<th>Recommended Dosage</th>
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<tr>
<td>Wound Healing</td>
<td>Collagen production and wound healing</td>
<td>2 scoops (3 tsp equal to 4 grams) twice daily</td>
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<tr>
<td>Constipation</td>
<td>Draws water into bowels, promote bowel movements and increases detox effects</td>
<td>1-2 scoops (1.5-3 tsp equal to 2-4 grams) mixed in fresh squeezed orange juice every two to four hours until desired effect, stay near washroom, may be taken to bowel tolerance</td>
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<td>Post-Operative Healing</td>
<td>Improves wound healing times and protects the liver after anesthesia</td>
<td>After surgery, increases wound healing times 2 scoops (3 tsp equal to 4 grams) twice daily for two weeks</td>
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<td>Support for Complications due to Diabetes</td>
<td>Helps with blood sugar control and protects against renal and eye complications</td>
<td>2 scoops (3 tsp equal to 4 grams) twice daily for rest of life</td>
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<td>Immune System, Cold &amp; Flu</td>
<td>Take at first sign of symptoms. Bowel tolerance may increase during an acute infection, as vitamin C absorption into the blood will be enhanced due to the WBCs using it up very quickly.</td>
<td>2 scoops (3 tsp equal to 4 grams) at the first sign of symptoms or until bowel tolerance</td>
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<td>Allergies and Inflammation</td>
<td>Increased vitamin C reduces histamine levels within the cells, reduces inflammation, and can help reduce dependency on steroids sprays.</td>
<td>1-2 scoops (1.5-3 tsp equal to 2-4 grams) twice daily, to min. 3-4 grams per day</td>
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C Boost

Medicinal ingredients: Each scoop (1.5 tsp) contains:
- Vitamin C (Re-natured vitamin C, Sodium ascorbate) .......... 2 g
- Acai (Euterpe oleracea) ........................................ 500 mg

Non-medicinal ingredients: Citric acid, potassium bicarbonate, malic acid, silicon dioxide, natural flavours (orange, mango, pineapple), stevia extract.

Recommended dose (adults): Mix 1 scoop (1.5 tsp) with 125 ml of water. Once per day.

Caution/warnings: Consult a health care practitioner prior to use if you are pregnant or breastfeeding.

Known adverse reactions: Hypersensitivity/allergy has been known to occur to Acai or plants of the Arecaceae family. In such a case, discontinue use.

NPN 80084680 • 227 grams

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1. Vinson, J.A. Bioavailability of Vitamin C. Department of Chemistry, University of Scranton, PA, USA. 1981.

Biomed also recommends these Food Nutrient products...

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