

Ester-C®

Recommended Use:

- ▶ Potent antioxidant
- ▶ Reduces the severity of the rhinovirus
- ▶ Upper respiratory infection

Ester-C®

In order to understand how Ester-C® works, let's describe the vitamin C mechanism inside the body. When regular vitamin C is ingested, it is broken down and converted into metabolites. One of these metabolites, L-threonic acid, increases the amount of vitamin C that is absorbed by the T-cells of the immune system. Ester-C® calcium ascorbate contains a high concentration of calcium threonate –

the calcium salt of L-threonic acid. This results in greatly enhanced vitamin C absorption.

Dr. H. Hunt and Dr. T. Rice completed a study at the University of California at San Diego, which compared the use of Ester-C® ascorbate and Ester-C® with added threonate to regular vitamin C (ascorbic acid). The study demonstrated that Ester-C® ascorbate and the Ester-C® with added threonate reached levels of 300 percent and more than 400 percent respectively, above the final baseline level attained with ordinary ascorbic acid. Based on this data they concluded that Ester-C® calcium ascorbate/threonate complex provided a superior way to build vitamin C reserves in the important immunocompetent cells of the body, even when using modest levels (one gram) of supplementation.

Unlike regular vitamin C (ascorbic acid), Ester-C®'s unique, patented production process effectively neutralizes the acids in the intestine, allowing the vitamin C to be absorbed without excess gas, bloating and diarrhea.

As an added benefit, Ester-C® calcium ascorbate provides the body with part of its daily calcium requirement.

In summary, Ester-C® in comparison with ordinary vitamin C, is more bioavailable, stays in the body longer, and is used more efficiently by cells and connective tissues. Furthermore, it does not cause the digestive problems of traditional vitamin C.

Bioflavonoids

Bioflavonoids are water-soluble substances, which are naturally present in fresh fruit and fresh vegetables. Bioflavonoids enhance the uptake of vitamin C in the body, which protect vitamin C against oxidation and in turn help prevent inflammation and allergies. Bioflavonoids prevent ruptures of blood vessels, and therefore reduce tooth bleeding, bloody noses, and excessive menstrual bleeding.

In its natural state, vitamin C is almost always accompanied by bioflavonoids, which helps speed up its absorption. Bioflavonoids exert the same effect in the human body - helping the cells to absorb vitamin C. The combined effect of Ester-C® calcium ascorbate and bioflavonoids results in accelerated uptake of this important vitamin.

Bioperine®

To even further increase the bioavailability of the micronutrients in

Ester-C®, Bioperine® has been added. Bioperine® is a standardized extract from the fruits of black pepper. Studies have shown that Bioperine® enhances the bioavailability of other compounds, including vitamin C by improving absorption by the intestine, by promoting better retention in cells, and by preventing metabolization in the liver.



Medicinal ingredients:

Each vegetarian capsule contains:

Vitamin C (calcium ascorbate Ester-C®)	600 mg
Calcium (calcium carbonate)	80 mg
Bioflavonoids (citrus 50% Hesperidin)	150 mg
Bioperine® (piperine, fruit)	3 mg

Non-medicinal ingredients: Microcrystalline cellulose, magnesium stearate, silicon dioxide, hydroxypropyl methylcellulose.

Recommended dose (adult): Take two capsules a day, or as directed by a health care practitioner.

Caution/warnings: Do not use if you are pregnant or breast feeding. Do not use in individuals with known or suspected sensitivity to the listed ingredients.

Safety sealed for your protection.

NPN 80003499 • 120 capsules

