C Boost

EFFERVESCENT DRINK MIX
Tropical Fruit Flavour with Açaí 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

30 SERVINGS/BOTTLE

1 serving = 2 grams
100% of your daily vitamin C needs
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% 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. 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.

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
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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

**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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<tbody>
<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>
</tr>
<tr>
<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>
</tr>
<tr>
<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>
</tr>
<tr>
<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>
</tr>
<tr>
<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>
</tr>
</tbody>
</table>
**C Boost**

**Medicinal ingredients:** Each scoop (1.5 tsp) contains:
- Vitamin C (Re-natured vitamin C, Sodium ascorbate) .......... 2 g
- Açai (*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 Açai or plants of the Arecaceae family. In such a case, discontinue use.

NPN 80084680 • 227 grams

**REFERENCES:**
1. Vinson, J.A. Bioavailability of Vitamin C. Department of Chemistry, University of Scranton, PA, USA, 1981.
3. Vinson, J.A. Human Supplementation with Different Forms of Vitamin C. Department of Chemistry, University of Scranton, Scranton, PA, USA, 1986.

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