

# Vitamin C

*Non-acidic powdered vitamin C*

This product offers vitamin C in a non-acidic, powdered form. By adding the minerals calcium, magnesium and potassium, the natural acidity of ascorbic acid (vitamin C) is reduced or “buffered” by the alkalizing actions of these minerals.

## Benefits

**Alkalinizing Effects** – The standard American diet is highly acid forming, which may adversely affect health. Supplemental calcium, magnesium and potassium may help reduce systemic acidity, thus supporting overall wellness.\*

**Bone Health** – The inclusion of calcium, magnesium and potassium support healthy bone mineralization.\*

**Antioxidant** – Vitamin C, in meaningful doses, is an effective antioxidant that works to scavenge damaging free radicals within the body.\*

**Immune Health** – High dose vitamin C may help support a healthy immune system.\*

**Skin Health** – Vitamin C supports collagen formation for healthy skin, as well as other connective tissue, such as bones, tendons, ligaments and blood vessels.\*

**Adrenal Health** – Vitamin C supports healthy adrenal function, as it is required for the synthesis of adrenal hormones and neurotransmitters.\*

## Highlights

- **Better Tolerated** – Due to its natural acidity, high doses of vitamin C may result in an upset stomach and possible loose stools. This buffered vitamin C is gentler on the gastrointestinal system, allowing for higher dosing without unpleasant side-effects.
- **Better Absorption** – Added minerals help reduce the speed at which vitamin C travels through the gastrointestinal system, allowing more time for adequate absorption.
- **Better Delivery** – This powder can easily be added to any beverage and eliminates the need for multiple pills.

### Benefits<sup>1</sup>:

- May help reduce whole body acidity
- Gentle on the stomach
- Scavenges free radicals
- Supports bone health
- Supports immune health and adrenal function
- Helps form healthy skin

## How to Use

Take 3 grams (approx. one teaspoon) per day, or as directed by your health care practitioner.



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

\*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.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).