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Vitamin C Crystals

This may not be the most “sexy” formulation — however, it is one of the most vital. These fine **Vitamin C super crystals** mix easily with water, fruit or vegetable juices.

A big advantage of powdered Vitamin C is that it is absorbed quickly and easily, thus it’s optimally utilized by the body.

Each teaspoon of Vitamin C supplies 1.5 grams of pure Vitamin C.

What You Should Know About Vitamin C

In the 90 years since its discovery, Vitamin C is perhaps the most widely known and most popular nutritional supplement.

In addition to its role in collagen formation and other life-sustaining functions, Vitamin C serves as a key immune system nutrient and a potent free-radical fighter.

Some of the world’s most notable doctors and scientists have endorsed Vitamin C supplementation including Linus Pauling, Abram Hoffer, Robert Cathcart, Matthias Rath, Irwin Stone, Frederick R. Klenner, Durk Pearson and Sandy Shaw and host of others.

We depend on Vitamin C for many aspects of our biochemical functioning, yet human beings can NOT produce their own supply of Vitamin C. We have no choice but to obtain this nutrient in our menu plan. Considering the many benefits Vitamin C may provide the mandate is clear.

Vitamin C Function: Vitamin C reaches every cell of the body. It plays a major role in the manufacture and defense of our connective tissue, the elaborate matrix that holds the body together. It serves as a primary ingredient of collagen, a glue-like substance that binds cells together to form tissues.

Vitamin C also helps some of our most important body systems. It plays a huge role helping the immune system to fight off foreign invaders and tumor cells. Vitamin C also supports the cardiovascular system by facilitating fat metabolism and protecting tissues from free radical damage. Then, it assists the nervous system by converting certain amino acids into neurotransmitters.

The skin, teeth and bones also benefit from Vitamin C’s collagen-forming and invader-resisting properties; this Vitamin contributes to the maintenance of healthy bones, the prevention of periodontal disease and the healing of wounds.

Large concentrations of Vitamin C can be found in fruits such as oranges, grapefruits, tangerines, lemons, limes, papaya, strawberries and cantaloupe. Vitamin C and bioflavonoids – the watersoluble substances that help to protect your capillaries – are found in the white linings of these and other plants.

Many vegetables also pack in Vitamin C including tomatoes, broccoli, green and red bell peppers, raw lettuce and other leafy greens

Supplement Facts

Serving Size 1 Rounded Teaspoon (8 grams)
Servings Per Container 56

Amount Per Serving		% Daily Value*
Calories	32	
Calories from Fat	0	
Total Fat	0	0 %
Total Carbohydrates	8 g	3 %
Sugars	8 g	
Vitamin C	1,500 mg	2,500 %

*Percent Daily Values are based on a 2,000 calorie diet.
† Daily Values not established.

Other Ingredients: Pure crystalline fructose, ascorbic acid and natural flavors

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use.