

**Orange-Chew™
Vitamin C**

DESCRIPTION

Orange-Chew™ 500mg chewable tablets from Douglas Laboratories contain vitamin C buffered with ascorbate and flavored with natural orange and fructose.

FUNCTIONS

Vitamin C (ascorbic acid) has numerous biological functions. Foremost, it is essential for the synthesis of collagen and glycosaminoglycans which are the building materials of all connective tissues, such as skin, blood vessels, tendons, joint cartilage and bone. Vitamin C is the required coenzyme for two groups of enzymes that catalyze the crosslinking of collagen fibers - lysyl hydroxylases and prolyl hydroxylases. As such, vitamin C is essential for normal wound healing and capillary health. It also participates in the biosynthesis of carnitine, serotonin, and certain neurotransmitters, including norepinephrine.

Vitamin C is among the most powerful antioxidants in humans and animals. It is a water-soluble, chain-breaking antioxidant that reacts directly with superoxide, hydroxyl radicals, and singlet oxygen. Laboratory studies show that vitamin C protects lipids in plasma and low-density lipoprotein (LDL) against atherogenic peroxidative damage.† In addition, vitamin C interacts with glutathione and alpha-lipoic acid, and regenerates vitamin E. The antioxidant functions of vitamin C appear to have clinical significance in providing protection from free radical damage to the eyes, lungs, blood and the immune system.

Vitamin C is absorbed in the small intestine by a sodium-dependent transport process that is intake dependent. At normal dietary intakes of 60 to 100 mg, up to 80 or 90% of the vitamin C is absorbed. At higher intakes, absorption becomes less efficient. Absorption efficiency and vitamin C utilization may be greatly enhanced during conditions of physiological stress, such as trauma or infection. Maximal absorption is attained by the ingestion of several doses spaced throughout the day rather than in one, larger dose.

INDICATIONS

Orange-Chew™ 500mg may be a useful dietary supplement™ for those who wish to increase their daily intake of this important antioxidant vitamin in a pleasant tasting chewable form.

FORMULA (#201235)

Each chewable tablet contains:

Vitamin C (buffered with sodium ascorbate)	500 mg
Carbohydrates	1 g
Sugars	0.5 g
Sugar alcohol (as erythritol)	0.5 g
Sodium (from sodium ascorbate)	50 mg

Other ingredients: Fructose, erythritol, cellulose, natural orange flavor, natural vanilla flavor (milk), silica, and vegetable stearate.

SUGGESTED USE

Adults take 1 tablet daily or as directed by a healthcare professional.

SIDE EFFECTS

No adverse effects have been reported.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

Orange-Chew™ Vitamin C

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For more information on Orange Chew™ visit douglaslabs.com

† 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.

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