

## Ultra-C Forte

### DESCRIPTION

Ultra-C Forte by Douglas Laboratories provide 500 mg of Vitamin C and an additional amount of bioflavonoids for enhanced bioavailability.

### 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 completely 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.

Bioflavonoids (also called flavonoids) are a class of phytochemicals that are potent antioxidants, which scavenge many potentially damaging free radicals.

The bitter tasting bioflavones from the white albedo layer of citrus peels have been shown to extend the nutritional functions of vitamin C.

Proanthocyanidins also support and enhance the activity of vitamin C, and are known for their ability to help support the health of the body's capillary system and connective tissues. Proanthocyanidins have been shown to bind with collagen fibers, thereby protecting them from premature degradation. This helps maintain the natural elasticity of collagen in skin, joints, arteries, capillaries, and other connective tissues.

Bioflavonoids can also support the health of the body's circulatory system by helping maintain capillary blood flow and proper vascular permeability, integrity, and resiliency.

### INDICATIONS

Ultra-C Forte capsules may be a useful dietary supplement for those who wish to increase their daily intake of this important antioxidant vitamin together with a bioflavonoid complex.

### FORMULA (#7330)

#### Each Capsule Contains:

Vitamin C .....	500 mg
Proanthocyanidins .....	10 mg
Proprietary Bioflavonoid complex .....	325 mg
(Rose Hips, Acerola fruit, Berry Concentrates, Lemon Bioflavonoids, Citrus Bioflavonoids, Red Wine Proanthocyanidins)	

### SUGGESTED USE

Adults take 1 capsule daily with meals or as directed by your health care professional.

### SIDE EFFECTS

No adverse side effects reported.

## Ultra-C Forte

### STORAGE

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

### REFERENCES

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**For more information on Ultra-C Forte visit [douglaslabs.com](http://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.

Manufactured by  
Douglas Laboratories  
600 Boyce Road  
Pittsburgh, PA 15205  
800-245-4440  
[douglaslabs.com](http://douglaslabs.com)



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