

## Natural C 1,000 mg

### DESCRIPTION

Natural C 1,000 mg tablets from Douglas Laboratories contain 1000 mg vitamin C with rose hips and an additional amount of bioflavonoid complex.

### FUNCTIONS

Vitamin C (ascorbic acid) has numerous biological functions. Foremost, it is essential for the synthesis of collagen which is the building material 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 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 the aging process and conditions of physiological stress. †

Bioflavonoids (also called flavonoids) are a class of phytochemicals that are potent antioxidants, which scavenge many potentially damaging free radicals. Another aspect of the antioxidant properties of bioflavonoids is their synergy with vitamin C, as well as their ability to bind to metal ions, preventing these metals from catalyzing enhanced free radical production. †

Many bioflavonoids support the health of the body's circulatory system by helping maintain healthy capillary blood flow and proper vascular permeability, integrity and resiliency. †

### INDICATIONS

Natural C 1,000 mg tablets 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 for additional support.

### FORMULA (#7920)

Each Tablet Contains:

Vitamin C (Ascorbic Acid).....1,000 mg  
 Bioflavonoid Complex.....100 mg

### SUGGESTED USE

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

### SIDE EFFECTS

No adverse side effects have been reported.

### STORAGE

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

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### REFERENCES

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† 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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