



**Levigor®**  
**樂維加**

# Time Release Vitamin C 1000mg

## 維他命C緩釋片1000毫克

**Vitamin C Time Release Tablets help to maintain sufficient vitamin C level and optimal body performance**

**Vitamin C is the most unstable of all vitamins** Vitamin C is a water soluble vitamin. It is very unstable and cannot be stored in our body for a long period of time. Normally, we can obtain vitamin C from citrus fruits and leafy vegetables. However due to instability, it can easily be destroyed by heat, light and exposure to air. Although vitamin C can be absorbed through diet, it is also excreted in a short period of time.<sup>[1-3]</sup> Therefore, most vitamin C supplements in the market are unable to provide optimal benefit to us.

**Characteristics of Vitamin C Time Release Formula** Vitamin C time release tablets slowly releases vitamin C throughout an eight-hour period and help enhancing absorption of the vitamin. This supplement is specially formulated to maintain steady level of vitamin C in our blood. It also helps to provide vitamin C to our body constantly during the day and protect us against damage by sunlight and pollutants.<sup>[1-5]</sup>

**Why do we need to take Vitamin C Time Release Tablets?** Vitamin C (Ascorbic acid) is essential for the formation and maintenance of collagen,<sup>[7-8]</sup> thus enhancing wound healing process.<sup>[7]</sup> It helps to bind connective tissue cells together. Vitamin C also promotes iron movement and absorption, enhances folic acid, histamine, phenylalanine, tryptophan, tyrosine, protein, fat and lipids metabolism, and keeps the capillaries and blood vessels healthy.<sup>[6-8]</sup> It also strengthens and maintains our bones, teeth and gums, in which can prevent gum bleeding and bone lesions.<sup>[1-8]</sup> Vitamin C is an antioxidant which neutralizes free radicals and prevents their oxidative damage.<sup>[6-8]</sup> This effect can help to prevent wrinkles and other health problems.<sup>[1-5]</sup> There is also study showing that higher dose of Vitamin C may reduce duration of cold symptoms.<sup>[8]</sup>

**Efficacy of Vitamin C with Vitamin P** Vitamin P (bioflavonoid) is extracted from citrus fruits and added to this formulation. It synergistically enhances the effect of vitamin C<sup>[9]</sup> and meantime acts as antioxidant to protect us against free radical damage.<sup>[10-12]</sup> Consequently, it helps to boost our immune system and slow down the aging process.

### Importance of Vitamin C

- Maintain good health<sup>[7]</sup>
- Promote healthy teeth and gums, prevent gum bleeding<sup>[7-8]</sup>
- Protect and strengthen capillaries and connective tissues<sup>[6-8]</sup>
- Promote metabolism of fats and lipids<sup>[7-8]</sup>
- Act as an antioxidant and help to prevent damage from sunlight (UV radiation) and free radical oxidation which may lead to acceleration of the aging process<sup>[5-8,10-12]</sup>
- Promote healthy bone and cartilage growth<sup>[6-8]</sup>
- Involve in collagen synthesis which promote wound healing<sup>[6-8]</sup>
- Promote metabolism of proteins<sup>[7-8]</sup>
- Enhance intestinal absorption of non-haem iron<sup>[8]</sup>
- Promote metabolism of amino acids such as phenylalanine, tyrosine and tryptophan<sup>[6-8]</sup>

### Recommended daily dose:

For adults and children age of 12 years and up take 1 tablet daily or as recommended by physicians.

### References:

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