

Vitamin C 500 Time Release Tablets

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.^[1-3] 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 release vitamin C throughout an eight hours period and help enhance 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 throughout the day and protects us against damage by sunlight and pollutants.^[1-5]

Why do we need to take Vitamin C Time Release Tablets?

Vitamin C (Ascorbic acid) is essential for the formation and maintenance of collagen. It helps to bind connective tissue cells together. Vitamin C also promotes iron movement and absorption, enhances folic acid and body metabolism.^[1-7] It strengthens and maintain our bones, teeth and gums as well.^[1-7] Vitamin C is an antioxidant which neutralizes free radicals and prevents their oxidative damage. This effect can help to prevent wrinkles and other health problems. ^[1-5]

Importance of Vitamin C

- Help to reduce fatigue induced by flu ^[1-4,6,8]
- Help to relieve skin, rhino and bronchial allergy caused by susceptible allergens ^[1-5]
- Protect and strengthen capillaries and connective tissues, prevent gum bleeding and skin bruise ^[1-4]
- Promote healthy bone growth in children, enhance their immune system and learning ability ^[1-5,8]
- Involve in collagen synthesis which promote wound healing especially after cosmetic surgery and burn ^[1-5,8]
- Help to reduce iron deficiency anemia, scurvy, gums become swollen, periodontal disease, and bleeding that may occur under the skin (bruises) ^[1-6]
- 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 ^[5]
- Maintain good appetite and healthy gastrointestinal and digestion system ^[9]
- Promote the metabolism of amino acids, such as tyrosine and tryptophan ^[10]

Recommended daily dose :

For adults and children age of 12 years and up take 1-2 tablets daily or as recommended by physicians.

References :

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