Sunlife Vitamin C 1000mg 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 on 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 hours 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. [1-5]

Why do we need to take Vitamin C time release tablets?

Vitamin C 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, fat and lipids metabolism, strengthens our bones and teeth, and keeps the capillaries and blood vessels healthy. [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]

Efficacy of Vitamin C with Vitamin P

Vitamin P (bioflavonoid) can be extracted from citrus fruits and added to this formulation. It synergistically enhances the effect of vitamin C and protects us against free radical damage caused by smoking and pollution. This formulation helps to boost our immune system and slow down the aging process. [8]

Importance of Vitamin C

- Help to reduce fatigue induced by flu [1-4,6,9]
- Help to control 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 [1-4,9]
- Involve in collagen synthesis which promote wound healing especially after cosmetic surgery and burn [1-5,9]
- 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 [10]
- Promote the metabolism of tyrosine and tryptophan in amino acids [11]

Recommended daily dose:

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

MADE IN U.S.A.

References:

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