



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-hour 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 protect 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,^[7-8] thus enhancing wound healing process.^[7] It helps to bind connective tissue cells together. Vitamin C also promotes iron movement and absorption,

enhances folic acid and body metabolism.^[6-8] It strengthens and maintains our bones, teeth and gums as well.^[1-8] Vitamin C is an antioxidant which neutralizes free radicals and prevents their oxidative damage.^[6-8] This effect can help to prevent wrinkles and other health problems.^[1-5] There is also study showing that higher dose of Vitamin C may reduce duration of cold symptoms.^[8]

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^[9] and meantime acts as antioxidant to protect us against free radical damage.^[10-12] Consequently, it helps to boost our immune system and slow down the aging process.

Importance of Vitamin C

- Maintain good health^[7]
- Promote healthy bone and cartilage growth^[6-8]
- Promote healthy teeth and gums^[7-8]
- Involve in collagen synthesis which promote wound healing^[6-8]
- Protect and strengthen capillaries and connective tissues^[6-8]
- 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^[5-8,10-12]
- Promote metabolism of proteins^[7-8]
- Enhance intestinal absorption of non-haem iron^[8]

Recommended daily dose

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



References:

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