



## **Vitamin C (Item #5056)**

### Vitamin C Complex with Bioflavonoids

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#### **Recommended Dosage: One to Three Tablets Daily**

Vitamin C Complex is derived from pure, crystalline Vitamin C, without added cornstarch, magnesium stearate, or other diluters and lubricants that are typically used. This superior Vitamin C Complex also includes Tracite Fulvic Minerals, a proprietary blend of 77 trace minerals, which enhances your health potential. Tracite Fulvic Minerals helps the body to create optimal absorption of vitamin supplements by delivering them to the cells quicker and more efficiently.

#### **What are Bioflavonoids?**

Vitamin C Complex contains a 50:50 ratio of whole-food ingredients that are a natural source of Vitamin C and also act as Flavonoids. Bioflavonoids are naturally occurring in many bright colored fruits and vegetables. They are a strong antioxidant and offer many health benefits, including improving the absorption of vitamin C into the body.

#### **Why is it important to take Vitamin C everyday?**

The Human Body does not produce Vitamin C (ascorbic acid), however, it is an important vitamin for healthy immune system response. Ascorbic Acid is an antioxidant and is essential to preventing cell damage and maintaining a stress-free environment inside the cells of the body. While humans do get some Vitamin C through diet, it is not near enough to reach your ultimate health potential.

#### **How should Vitamin C Complex be taken?**

The recommended dosage is one to three Vitamin C tablets a day. Vitamin C is a water soluble Vitamin and therefore the amount that is not used simply passes through the body. Vitamin C is non-toxic and therefore your body will tell you when you have taken enough. If you experience soft stools or diarrhea it is a sign that your body has reached the Bowel Tolerance for Vitamin C. Once you reach Bowel Tolerance it is recommended to cut back to one fourth of that dosage and continue to take the one fourth dosage every day.

If you also supplement with Vitamin E, it is recommended to take Vitamin C at separate times than Vitamin E. This is because Vitamin C is a water soluble vitamin and therefore may interfere with the absorption of the Vitamin E in the body.

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### **Ordering Information**

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Vitamin C Complex with Bioflavonoids (*Item #5056*) **100 Tablets**  
Conveniently Order On-line at: [www.UniversalFormulas.com](http://www.UniversalFormulas.com)

***Please DO NOT modify levels of any prescribed medication  
without first consulting your physician.***

#### **Required FDA Statement:**

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment. We assume no responsibility if you prescribe for yourself without your doctor's approval.