

## Which product is right for me?

	Vitamin C Time Release (90 Tablets)	Vitamin C + Bioflavonoids Capsules (100 Capsules)	Vitamin C + Quercetin Complex (90 Capsules)
Product name and form			
Indication	<b>Timed-release high strength tablet for everyday use</b>	<b>Gentle, highly absorbable capsule with bioflavonoids for everyday use</b>	<b>Unique combination to support respiratory and immune health</b>
Contents	1000mg vitamin C as ascorbic acid	675mg vitamin C as PureWay-C™	400mg vitamin C as ascorbic acid with proprietary blend
Details	Time-release vitamin C is often the preferred choice since vitamin C has better bioavailability when taken in smaller doses throughout the day. A time-release formula means slower release of vitamin C over time, which will maximise the amount you absorb from each dose.	PureWay-C™ is a gentle form of vitamin C that has been shown to be well absorbed and tolerated in the gut. Bioflavonoids may help to increase the bioavailability of vitamin C.	Vitamin C is combined with bioflavonoids, bromelain, rutin and quercetin to effectively support the body's immune response and maintain healthy respiratory function.

## Vitamin C – A powerful immune-support nutrient

The health benefits of vitamin C are well documented. Vitamin C is an essential nutrient for many aspects of your everyday health, especially your immune system. Humans are in a small minority of mammals that can't produce their own vitamin C; it's also water soluble and can't be stored in the body. This means it must be regularly supplied by the diet. Severe deficiency leading to scurvy is rare in the developed world, but there are times when our daily needs for vitamin C are likely to increase, such as pollution exposure and during times of chronic stress, illness and infection. Unless extra care is taken to increase dietary intake during these times, daily supplies are likely to fall short. This is when supplemental vitamin C may be a useful addition to your diet.

Depending on your vitamin C needs you can choose:

- Ascorbic acid or gentle PureWay-C™ form
- Combined with added ingredients such as bioflavonoids to provide synergistic support, and which may also enhance bioavailability
- Timed-release form

At Nutri Advanced we believe that no matter what your choice, a formula should always be:

- ✓ Research-backed
- ✓ Free from fillers, refined sugar, artificial sweeteners or colourings
- ✓ Hypo-allergenic
- ✓ Clinically-relevant dosage

For more **research** or information on our **products**



call our dedicated technical team on  
**0800 212 742** (opt 3)



or visit our online **Nutrition Library** at  
**nutriadvanced.co.uk**