Overview
This formula is gently buffered and is a great alternative for persons that may experience stomach irritation with ascorbic acid. Ester-C® is a patented, non-acidic source of vitamin C. Many physicians recommend taking a buffered form of vitamin C if you are taking it in higher doses. In 1936, Albert Szent-Gyorgi discovered that vitamin C works better in combination with other nutrients, such as bioflavonoids. In other words, he found evidence to support the fact that vitamin C should be considered a complex rather than a single nutrient, much like the vitamin B complex. Bioflavonoids are essential for total Vitamin C effectiveness. This formula contains lemon bioflavonoids, rutin and hesperidin, these bioflavonoids assist Vitamin C in keeping collagen healthy, are essential for proper absorption of Vitamin C and prevent Vitamin C from being destroyed in the body by oxidation. Therefore, bioflavonoids improve and prolong the function of Vitamin C. The body cannot make bioflavonoids, they must be obtained through the diet or nutritional supplements.

ESTER C Overview
Ester C is a patented, buffered form of Vitamin C that is derived from ascorbate. It is a complex that contains essential C metabolism that includes threonate. It does not cause the stomach and digestive distress often caused by ordinary Vitamin C.

ADVANTAGES OF ESTER-C®
• Several hours after taking Ester-C, the vitamin C concentration in the blood is twice as high as it would be after taking buffered or regular vitamin-C;
• The loss of vitamin C through urine after taking Ester C is six times lower than after taking ordinary vitamin C;
• Ester-C is the only form of vitamin C that does not cause digestive problems, not even when using large amounts;
• Ester-C is the only form of vitamin C that does not affect tooth enamel. Ordinary vitamin C, especially the popular “chewable form,” is very bad for teeth and should be strongly discouraged.
• It is processed in purified water instead of solvents which makes it a purer form of vitamin C;
• It contains calcium threonate, which makes this form of vitamin C four times more bioavailable than other forms of vitamin C.

Research Indicates
➢ May support healthy immune function
➢ May help minimize the effects of bruising
➢ Prevents scurvy
➢ May support healthy histamine response
➢ Essential for the production of collagen
➢ May support healthy brain function
➢ Essential for proper adrenal gland function
➢ Powerful antioxidant
➢ Important for gum health
➢ Aids in absorption of vitamin E
➢ May support healthy cardiovascular function
➢ Shown to strengthen blood vessels
➢ May increase iron absorption
➢ May promote healthy healing of wounds and burns

Dosage
The RDA for Vitamin C is 60 mgs per day

Cautions
➢ Large doses of Vitamin C may interfere with the body’s absorption of copper and selenium
➢ Persons with kidney stones, kidney disease or hemochromatosis should not exceed 500 mg per day and should consult a health care practitioner prior to using Vitamin C containing products
➢ If you are pregnant or lactating consult your health care practitioner prior to taking Vitamin C

BIOFLAVONOIDS (LEMON BIOFLAVONOIDS, RUTIN, HESPERIDIN)
Overview
Bioflavonoids are water-soluble plant pigments. They are naturally occurring chemical compounds that are important to

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maintaining optimal health. A scientist named Albert Szent-Gyorgi who called them “vitamin P” discovered them in 1936. Since then, over 4000 bioflavonoids have been identified and scientists believe that many more will be discovered in the future. The term bioflavonoid refers to many different ingredients and includes hesperidin, citrus bioflavonoids, rutin, quercetin, to mention a few. They perform a wide range of functions, for example: they protect capillaries, prevent bruising, and provide support for a number of other biological functions. Most importantly, bioflavonoids enhance the effects of Vitamin C by improving absorption and protecting it from oxidation. Conversely, bioflavonoids work best when given with Vitamin C. Bioflavonoids along with Vitamin C are also essential to skin health.

To summarize, as a group with other polyphenols, flavonoids have been linked to many health benefits as a result of their antioxidant properties.

**Research Indicates**
- May support healthy cardiovascular function
- Shown to strengthen & increase permeability of capillaries
- Acts as a powerful antioxidant
- May support healthy inflammation response
- May support healthy immune function
- May enhances the effects of Vitamin C
- May support healthy eye function
- Assists the body with transmitting nerve impulses
- May protect low density lipoproteins (LDLs) from oxidation
- Acts as a powerful antioxidant
- Assists the body with transmitting nerve impulses
- May protect low density lipoproteins (LDLs) from oxidation

**Dosage**
Typical daily dosage ranges from 20-60 mgs.

**Cautions**

- If you are pregnant or lactating consult a health care practitioner prior to taking bioflavonoids.

*These statements have not been evaluated by the Food and Drug Administration
This information is not intended to diagnose, treat, imply cure or prevention of any disease

Free of wheat, gluten, soy, yeast, fish, egg, dairy and lactose.
Contains no artificial colors, flavors or preservatives.

<table>
<thead>
<tr>
<th>Supplement Facts</th>
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</thead>
<tbody>
<tr>
<td>Serving Size 1 capsule</td>
</tr>
<tr>
<td>Amount Per Serving</td>
</tr>
<tr>
<td>Vitamin C** (as calcium ascorbate)</td>
</tr>
<tr>
<td>Calcium (as calcium ascorbate, calcium threonate, calcium complexes)</td>
</tr>
<tr>
<td>Lemon bioflavonoids</td>
</tr>
<tr>
<td>Rutin</td>
</tr>
<tr>
<td>Hesperidin</td>
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*Daily Value not established

Other ingredients: Rice powder, magnesium stearate, cellulose

**Ester-C® is a licensed trademark of Inter-Cal Corp., and is manufactured under U.S. Patent No. 4,822, 816.