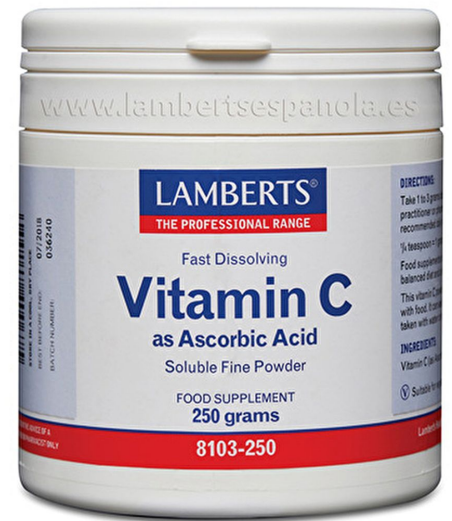


Ascorbic Acid 250 g

EAN: 5055148400675

FABRICANTE: LAMBERTS



Vitamin C in the form of ascorbic acid is a fine, highly soluble powder. Supports the immune system.

DESCRIPTION

Vitamin C was discovered in 1932, and was the subject of the first controlled nutritional experiment in the documented history of medicine. It is known to be involved in at least 300 biochemical processes in the body. This vitamin is water-soluble and, since humans are unable to produce it, it must be ingested daily.

Vitamin C is important because:

- It contributes to the normal functioning of the immune system and nervous system.
- It contributes to the normal formation of collagen for the normal functioning of blood vessels, cartilage, bones, gums, teeth and skin.
- It promotes energy metabolism and improves iron absorption.
- It contributes to normal psychological function and to the protection of cells from oxidative damage.
- It helps reduce tiredness and fatigue, and regenerates the reduced form of vitamin E.

This pure powder form is the most economical way to buy vitamin C. It is also the easiest to use as it can be added to drinks where it dissolves quickly. Powders are ideal for those who find it difficult to swallow tablets, or those who require large amounts of this vitamin.

This product has a refreshing strong flavor similar to fruit acids such as lemons and limes, and is ideal for fortifying soft drinks and fruit juices.

Per 1 gram:

Vitamin C 1000 mg

Suitable for vegetarians

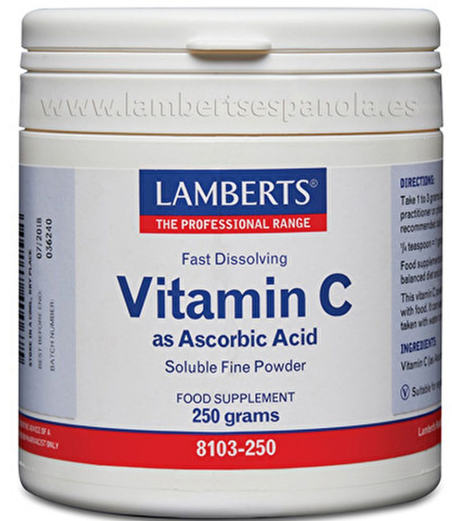
1 to 3 grams daily.

Small doses several times a day (freshly prepared) are more beneficial than a single, larger daily dose.



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Suitable for vegetarians and vegans and free of lactose and gelatin.

Allergen note

The following list of allergens are excluded: wheat, gluten, barley, soya, eggs, milk and dairy products, lactose, nuts, sulphites, celery, fish, shellfish and yeast.

Precautions

More than 1000 mg of vitamin C may cause mild stomach upset in sensitive individuals.

Instructions for use

Take 1 to 3 grams daily.

Do not exceed the expressly recommended daily dose.

1/4 teaspoon = 1 gram.

This vitamin C powder is most effective if taken with food.

It dissolves easily in drinks, can be taken with water or sprinkled on food.

One container lasts: 250 days.

