

Calcium ascorbate 250 g

EAN: 5055148400682

FABRICANTE: LAMBERTS



It contributes to the normal functioning of the immune system and nervous system. It collaborates in the normal formation of collagen for the normal functioning of blood vessels, cartilage, bones, gums, teeth and skin.

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 form is the easiest to use, as it can be added to beverages in which it dissolves quickly. Calcium ascorbate is a mild, non-acidic form of vitamin C. The fine, soluble crystals also provide a useful amount of calcium.

It is ideal for those who find it difficult to swallow tablets, or those who require large amounts of this vitamin. Each gram provides almost 900 mg of vitamin C, plus just over 100 mg of calcium. Suitable for those who have intestinal problems.

Fine white water-soluble crystals.

Per 1 gram:

Vitamin C	897 mg
Calcium	103 mg



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Approximate pH: 6.8 ? 7.4.

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

1 to 3 grams daily.

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

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

Adults: Take 1 to 2 grams daily

Do not exceed the expressly recommended daily dose.

1/4 teaspoon = 1 gram.

Children 10 years and older: 1/2 teaspoon = 500 mg.

This non-acidic calcium ascorbate is absorbed more effectively when taken with food.

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

