

Preventive Medicine



Ester C & Bioflavonoids

DESCRIPTION

Ester C & Bioflavonoid capsules, contain a non-acidic, calcium ascorbate form of vitamin C combined with a potent citrus bioflavonoid complex. Ester C and Bioflavonoid is a unique form of vitamin C that is created through a patented, water-based process that combines vitamin C and calcium. Ester C and Bioflavonoids is non-acidic and should be well-tolerated by those who are sensitive to the acidic nature of ascorbic acid.

FUNCTIONS

Vitamin C: Vitamin C (ascorbic acid) has numerous biological functions. It is essential for the synthesis of collagen and glycosaminoglycans, which are the building materials of all connective tissues, such as skin, blood vessels, tendons, joint cartilage and bone. Vitamin C is the required coenzyme for two groups of enzymes that catalyze the crosslinking of collagen fibers – lysyl hydroxylases and prolyl hydroxylases. As such, vitamin C is essential for normal wound healing and capillary health. Vitamin C participates in the biosynthesis of carnitine, serotonin, and certain neurotransmitters, including norepinephrine. Vitamin C is among the most powerful antioxidants in humans and animals. It is a water-soluble, chain-breaking antioxidant that reacts directly with superoxide, hydroxyl radicals, and singlet oxygen. Laboratory studies show that vitamin C completely protects lipids in plasma and lowdensity lipoprotein (LDL) against atherogenic peroxidative damage. In addition, vitamin C interacts with glutathione and alpha-lipoic acid, and regenerates vitamin E. The antioxidant functions of vitamin C appear to have clinical significance in providing protection from free radical damage to the eyes, lungs, blood and the immune system. Vitamin C is absorbed in the small intestine by a sodium dependent transport process that is intake dependent. At normal dietary intakes of 60 to 100 mg, up to 80 or 90% of the vitamin C is absorbed. At higher intakes, absorption becomes less efficient. Absorption efficiency and vitamin C utilization may be greatly enhanced during conditions of physiological stress, such as trauma or infection. Maximal absorption is attained by the ingestion of several doses spaced throughout the day rather than in one, larger dose.

Citrus Bioflavonoids: The white layer of citrus peels is especially rich in the bitter tasting flavanones hesperidin and naringin. Citrus juices, however, are low in bioflavonoids. Like most flavonoids, those from citrus are free radical scavenging antioxidants that work in synergy with vitamin C. Ester-C and Bioflavonoid provides 100 mg of a concentrated bioflavonoid complex containing 35 mg hesperidin and 14 mg naringin. This extract is essentially free of citric acid to which some people may be sensitive.

INDICATIONS

Ester C & Bioflavonoid may be a useful dietary supplement for those who wish to supplement their diet with this complementary blend of a unique, non-acidic form of vitamin C and citrus bioflavonoids.

FORMULA (EST)

Each Vegetarian capsule contains:

Vitamin C.....	500 mg
(as Ester-C®** calcium ascorbate)	
Calcium.....	62 mg
(as Ester-C®** calcium ascorbate)	
Citrus Bioflavonoids	100 mg
Hesperidin	35 mg
Naringen	14 mg

**Ester-C® is a licensed trademark of INTER-CVAL Corporation.
Manufactured under U.S. Patent No. 4,822,816.

SUGGESTED USE

1 to 2 capsules daily or as directed by physician.

SIDE EFFECTS

No adverse effects have been reported.

STORAGE

Store in a cool, dry place, away from direct light.
Keep out of reach of children.

DISTRIBUTED BY

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**These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.**