

WHY TAKE VITAMIN C

WHAT MAKES VITAMIN C A POWERHOUSE?



Antioxidant*



Supports Immunity*



Cardiovascular Health*



Collagen Synthesis*



Maintains Healthy Skin*

DID YOU KNOW

Vitamin C supports the immune system and is involved in tissue growth and repair due to its role in the formation of collagen, the body's main structural protein.* **Pair it with your favorite NOW collagen supplement!**

Nutrients that support and even enhance the absorption, bioavailability, and benefits of vitamin C include rutin, rose hips, and other bioflavonoids.



VITAMIN C RICH FOODS

Red Dragon Fruit • Bell Peppers
Kale • Parsley • Broccoli • Strawberries
Leafy Greens • Potatoes • Kiwis



NOT GETTING ENOUGH VITAMIN C? BRIDGE THE GAP WITH NOW VITAMIN C SUPPLEMENTS



AlphaSorb-C®

A specialized vitamin C supplement that includes Transport C-PLUS®, a trademarked combination of threonic acid-enhanced, buffered calcium ascorbate, and alpha-lipoic acid.

Threonic acid is a vitamin C metabolite that has been shown to enhance cellular uptake of vitamin C.*

Alpha-lipoic acid is a free radical scavenger that can help regenerate vitamin C in the body, prolonging its availability, and may also enhance its utilization.*



Effer-C®

Don't like swallowing pills? Try **Effer-C®**. This popular effervescent drink mix available in a range of flavors has 1,000 mg of vitamin C per serving plus additional vitamins and minerals, including vital electrolytes to support energy production.* Just add one packet to 4 to 6 ounces of water for great-tasting, balanced nutrition whenever you need it!



Ascorbyl Palmitate

A highly stable form of vitamin C that is water and fat soluble, allowing it to be incorporated into cell membranes where it helps to protect from oxidative damage.* While it possesses all of the antioxidant properties of vitamin C, it also more easily penetrates the blood-brain barrier, facilitating the extension of its antioxidant protection to the brain and nervous system.*



TALK TO YOUR HEALTHCARE PROVIDER OR A CERTIFIED NUTRITIONIST TO FIND THE BEST VITAMIN C SUPPLEMENT FOR YOU.