



Vitamin C (Water Soluble Antioxidant Nutrient)

Dosage: 1 tablet daily.	
Each tablet contains:	
Vitamin C	500mg
Rose hips	10mg
Rutin	10mg
Lemon bioflavonoids	10mg
Hesperidin complex	10mg
Acerola cherry	15mg

VC Sustained Release 500 mg (100's) Releases over 8 - 10 hours. Vitamin C is water-soluble and among the most fragile of our nutrients. GNLD supplies vitamin C as nature intended, with all the elements naturally occurring in whole citrus. Proven a powerful antioxidant, GNLD's VC tablet's release into the system is slow and monitored due to the inclusion of Sustained Release technology. Each tablet provides 500mg Vitamin C. **Dosage: 1 tablet daily.**

Vitamin C

What it can do for you.

- Accelerates and improves the Immune System. Alleviates susceptibility to infections, viruses and diseases including cancer. Acts as an activator against viruses including herpes, measles, polio, hepatitis and pneumonia and increases the body's defence system against any bacteria.
- Heals wounds, burns, and bleeding gums.
- Accelerates healing after surgery.
- Helps in decreasing blood cholesterol.
- Aids in preventing many types of viral and bacterial infections.
- Acts as a natural laxative.
- Lowers incidence of blood clots in veins.
- Aids in the treatment of the common cold.
- Extends life by enabling protein cells to hold together. It is essential in the formation of collagen (a protein that binds cells together). It therefore is vital in healing especially for torn ligaments, broken bones, and fractures, pulled muscles. A collapse of collagen in the skin for example will result in the creation of wrinkles. This collagen is also vital in the strengthening of the walls of capillaries, veins and arteries and thus will help in the prevention of nose bleeds, haemorrhaging, easy bruising, bleeding gums, Pyorrhoea, anaemia, slow healing of wounds.
- Reduce effects of many allergy-producing substances. VC acts as natural anti-histamine thereby assisting in alleviating allergies, asthma, hay-fever, and sinusitis.
- Prevents scurvy.
- Decrease infections by 25% and cancers by 75% if taken in 1,000 mg to 10,000 mg. Daily dosage according to Dr. Linus Pauling.
- Also vital for counteracting Stress. When the body is under stress the body produces an adrenaline hormone that utilises a tremendous amount of Vit. C. Large concentrations of VC are found in the adrenal glands and the vitamin is essential in the formation of adrenalin - during stress the level of adrenal ascorbic acid is rapidly used up. Also helps victims of shock from injury, electric shock, and lightning.
- Prevents the formation of carcinogenic nitrosamines from nitrites and nitrates found in some foods. Successfully used in the treatment of snakebites, insect bites stings and rabies. Vital in neutralising the harmful effects of pollution, smoke etc.
- Help in the treatment of oedema and dizziness due to disease of the inner ear.