



VITAMIN C 500 MG

Vitamin C (Ascorbic acid) 500 mg

Vitamin C, also known as L-ascorbic acid, is a water-soluble vitamin that is naturally present in some foods, added to others, and available as a dietary supplement. Vitamin C is also an important physiological antioxidant and has been shown to regenerate other antioxidants within the body. Vitamin C is required for the biosynthesis of collagen, L-carnitine, and certain neurotransmitters; vitamin C is also involved in protein metabolism. Collagen is an essential component of connective tissue, which plays a vital role in wound healing. VITAMIN C is needed for proper growth, development, and to heal wounds. It is used to make the collagen tissue for healthy teeth, gums, blood vessels and bones.

In addition to its biosynthetic and antioxidant functions, vitamin C plays an important role in immune function and improves the absorption of non-heme iron, the form of iron present in plant-based foods. Insufficient vitamin C intake causes scurvy, which is characterized by fatigue or lassitude, widespread connective tissue weakness, and capillary fragility.

VITAMIN C 500 MG helps

- » A powerful antioxidant for the maintenance of good health.
- » In the development and maintenance of bones, cartilage, teeth, and gums.
- » In wound healing, connective tissue formation and to metabolize fats, and proteins.

List of Ingredients

Each Tablet Contains Active Ingredients:

Vitamin C (Ascorbic acid) USP.....500 mg

List of Inactive Ingredients: Microcrystalline cellulose USP, Di-calcium phosphate dihydrate USP, Croscarmellose sodium USP, Magnesium stearate (Vegetable Grade) USP.



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