

Not all vitamin C products are created equal.

For your body to truly get all the benefits of vitamin C, it needs to get it from more than one source. **Vitamin C⁸** combines calcium, magnesium, potassium, zinc, manganese, selenium and sodium mineral ascorbates with ascorbyl palmitate, to provide a full spectrum of powerful antioxidant protection.

ONLY VITAMIN C⁸ OFFERS 8 ASSISTED PATHWAYS OF ABSORPTION AND RETENTION FOR 24 HOURS OR MORE

VITAMIN C⁸ does even more for your health.

Vitamin C⁸ helps enhance your immune strength, provides a good source of electrolytes, and replenishes your energy before or after workouts.

Plus it offers the protection of 3 cups worth of green tea per capsule!

Ingredients

Each vegetable capsule contains:

Calcium ascorbate (mv 24 mg) (vc 216 mg)	240 mg
Magnesium ascorbate (mv 17.5 mg) (vc 157.5 mg) ...	175 mg
Potassium ascorbate (mv 9 mg) (vc 51 mg)	60 mg
Zinc ascorbate (mv 9 mg) (vc 51 mg)	60 mg
Sodium ascorbate (mv 1.6 mg) (vc 18.4 mg).....	20 mg
Manganese ascorbate (mv 1.56 mg) (vc 10.44 mg) ...	12 mg
Selenium ascorbate (mv 15 mcg) (vc 14.985 mg).....	15 mg
Ascorbyl palmitate (vc 8.5 mg).....	20 mg
Bioflavonoids 50% hesperidin	20 mg
Quercetin dihydrate 98%	20 mg
Rutin	20 mg
Green tea (75% EGCG) extract	30 mg
Resveratrol 50% extract	10 mg
Multi berry extract (20% Multi-anthocyanidins)	25 mg
Bilberry extract 25% anthocyanidins	10 mg
Grape seed extract 95% OPC	20 mg
Cranberry 107x extract	20 mg
Black pepper extract 95% piperine	1 mg
Bromelain 2400 GDU/g	5 mg
Papain	Activity: 50,000 AU
Total vitamin C value per capsule.....	527 mg
mv : mineral value (elemental)	
vc : vitamin C value	

Ingredients in this formula have been validated for potency and identity, and certified free of heavy metals, pesticides, and solvent residues using:

- Inductively Coupled Plasma Optical Emission Spectrometer (ICP-OES)
- HPLCs with Diode Arrays UV-VIS Detectors / Refractive Index Detectors
- Gas Chromatograph/Mass Spectrometer (GC/MS)
- UV/VIS Spectrophotometer
- Near-Infrared Spectroscopy (FT-NIR Spectrometer)
- Headspace Gas Chromatography (organic solvent residues)
- Disintegration



Vitamin C⁸

Sold exclusively to finer health food stores
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Vitamin C⁸

8 ways to get more anti-oxidant protection from your vitamin C

VITAMIN C⁸ OFFERS 8 FORMS OF VITAMIN C TO ENSURE YOUR BODY ABSORBS THE MOST VITAMIN C POSSIBLE.



VITAMIN C⁸ delivers a more complete vitamin C supplement. Vitamin C is an antioxidant that comes in many different forms and claims regarding its effectiveness and bioavailability. VITAMIN C⁸ uses a number of buffered sources in order to provide you with the most powerful vitamin C supplement available.



What makes VITAMIN C⁸ great?

VitaminC⁸ is formulated with minerals bonded with vitamin C, a superior form called ascorbates.

Calcium Ascorbate

Calcium ascorbate is a natural form of vitamin C, which is much more readily absorbed in the blood stream than other forms of calcium. Importantly, calcium is coupled with vitamin C to deliver the benefits of both calcium and vitamin C.

Magnesium Ascorbate

Magnesium ascorbate, which provides both magnesium and vitamin C, appears to be a unique and promising product, in that both the components have the potential to reduce the risk of cardiovascular disease. Magnesium is the fourth most abundant mineral in the body. It is essential to build the bones and teeth and numerous metabolic functions. Magnesium ascorbate is a neutral salt having significantly higher gastrointestinal tolerance.

Potassium Ascorbate

Potassium is an essential dietary mineral that is also known as an electrolyte. The term "electrolyte" refers to a substance that dissociates into ions (charged particles) in solution, making it capable of conducting electricity. The normal functioning of our bodies depends on the critical regulation of potassium concentrations, both inside and outside of cells.

Zinc Ascorbate

Zinc is a component of the enzymes involved in most major metabolic pathways in human and animal nutrition, with a wide range of biological roles. Zinc plays catalytic, structural and regulatory roles in more than 200 zinc metalloenzymes that have been identified in biological systems. These enzymes are involved in nucleic acid and protein metabolism, and the production of energy, among other things. Zinc plays structural roles in so-called zinc fingers. Zinc fingers are exploited by transcription factors for interacting with DNA and regulating the activity of genes. Another structural role of zinc is in the maintenance of the integrity of biological membranes resulting in their protection against oxidative injury.

Sodium Ascorbate

Sodium ascorbate is buffered (non-acidic) and will not contribute to gastric irritation in acid-sensitive persons. Calcium/magnesium, potassium and manganese all play an important role, since a constant blood value of these minerals is required for a normal rhythmic heartbeat, healthy nerve transmission, and strong muscle contractions. Once a muscle contracts, calcium leaves and only then, magnesium replaces it, then the muscle can return to a relaxed state. Potassium and sodium are present not only as electrolytes, but also as antioxidants.

Manganese Ascorbate

Manganese is important in the breakdown of amino acids and the production of energy. It activates various enzymes for proper digestion and utilization of foods. Manganese also helps nourish the nerves and brain, and is necessary for normal skeletal development. A deficiency of manganese can lead to excess perspiration that contributes to premature electrolyte depletion.

Selenium Ascorbate

Selenium ascorbate helps boost the immune system and protect cells against the effects of free radicals. Some studies suggest that selenium may reduce the risk of breast, prostate, liver, lung and skin disease.

Ascorbyl Palmitate

Ascorbyl palmitate is a fat-soluble antioxidant. It is actually both water- and fat-soluble, allowing it to be incorporated into cell membranes. When incorporated into the cell membranes of human red blood cells, ascorbyl palmitate has been found to protect them from oxidative damage and to protect vitamin E (another fat-soluble antioxidant) from oxidation by free radicals. When taking ascorbyl palmitate orally, it becomes hydrolyzed and broken apart into palmitate and ascorbic acid in the human digestive tract before it is absorbed. The presence of ascorbyl palmitate in **VitaminC⁸** contributes to the ascorbic acid content and helps protect lipid-soluble antioxidants during storage.

Nutraceuticals

VitaminC⁸ provides additional antioxidant protection with the inclusion of nutraceutical extracts. Nutraceuticals exist in harmony with the whole foods they are derived from. While isolated sources of antioxidants offer increased potency, whole food sources offer natural balance and synergy, and provide a wealth of natural forms of minerals, antioxidants, antibacterial and disease-fighting agents.

Bioflavonoids 50% Hesperidin

Bioflavonoids are a class of water-soluble plant pigments. Vitamin C-rich fruits and vegetables, especially citrus fruits, are often rich sources of bioflavonoids as well. The effect of bioflavonoids on the bioavailability of ascorbic acid has been examined in two small published studies. In one study, ascorbic acid given in a natural citrus extract containing bioflavonoids (in the ratio of bioflavonoids to ascorbic acid of 4:1), proteins, and carbohydrates, was more slowly absorbed and 35% more bioavailable than ascorbic acid alone, based on plasma levels of ascorbate over time and 24-hour urinary excretion of ascorbate.

Quercetin Dihydrate 98% and Rutin

Quercetin is a flavonoid that forms the "backbone" for many other flavonoids, including the citrus flavonoids rutin, hesperidin, naringin and tangeritin. Quercetin and rutin have many health promoting effects, including improvement of cardiovascular health and reducing risk for disease. They have anti-inflammatory and anti-allergic effects, and help the absorption and retention of vitamin C. All these activities are caused by their strong antioxidant action. The flavonoids in **VitaminC⁸** scavenge free radicals that can damage neighbouring cells.

Green Tea (75% EGCG) Extract

Laboratory studies have suggested that flavonoids, polyphenol-type antioxidants, may lower the risk of disease developing or spreading. In these studies, the chemicals in green tea slowed the growth of blood vessels that fed tumors. They also limited the amount of estrogen that might fuel the growth of some diseased breast cells. EGCG inhibits 5-alpha reductase. Inhibitors of 5AR may be effective in the treatment of 5 alpha dihydrotestosterone-dependent abnormalities. The EGCG in green tea has been proven to prevent, inhibit, attack or induce death in diseased prostate, breast, lung, mouth, stomach and colon cells.

Multi Berry Extract (20% Multi-Anthocyanidins), Bilberry Extract 25% Anthocyanidins, Grape Seed Extract 95% OPC and Cranberry 107x Extract

Proanthocyanidins, anthocyanidins and cyanidins are a group of bioflavonoids that have powerful antioxidant properties. These flavonoids in **VitaminC⁸** are derived from multiple fruit sources, including blackcurrants, blueberries, cranberries and bilberries. All of them serve a slightly different role in added antioxidant protection and are also included for scavenging free radicals.

Black Pepper Extract 95% Piperine

The active ingredient in both black pepper and long pepper is the alkaloid piperine. Experiments carried out to evaluate the scientific basis for the use of peppers have shown that piperine significantly enhances bioavailability when consumed with other substances, and increases the absorption of other nutraceuticals. Piperine amplifies the therapeutic benefits of the entire **VitaminC⁸** formula.

Bromelain 2400 GDU and Papain

Bromelain from pineapple and papain from papaya are proteolytic enzymes that are essential for the digestion of proteins. They work through a mechanism by which they break down peptide bonds of the extracellular matrix molecules holding the cells together, which in this case help to increase the bioavailability of this ascorbate-nutraceutical matrix. They are both potent digestants that resist the degradation from the conditions that prevail in the human digestive tract. Through its prostaglandin-regulating properties, bromelain can moderate inflammatory symptoms, shorten recovery time, and ameliorate excessive clotting, which is attributed to inflammation.

Suggested Use

Take **1 capsule 2 times daily** or as directed by your health care practitioner.

References

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