

LIFEFORCE

HIGH C POWDER CHEWY C TABLETS

100g Powder / 100 Chewy Tablets
Nappi Coded products

BIO-AVAILABLE VITAMIN C COMPLEX - ONE OF NATURE'S AMAZING NATURAL ALLERGY FIGHTERS

Bioflavonoids, Hesperidin, Rutin, Rosehip, lemon flavones and flavonals, have been combined with Vitamin C to fully maximise its potential. The Vitamin C - Bioflavonoid combination is also referred to as the Capillary Permeability Factor or Vitamin P (P standing for permeability).

Dr Albert Szent-Gyorgi, the biochemist who isolated Vitamin C, discovered the link between the Bioflavonoid combination and Vitamin C in Hungary in 1936.

This product is a non-acidic, complete vitamin C. It has a neutral pH because of Calcium Ascorbate, which also makes it the most assimilable and effective form of Vitamin c available to the body.

Nutritional researchers increasingly stress the need to consume nutritious whole foods, particularly vegetables and fruits. This is due to the growing recognition of the variety of beneficial phytochemicals contained within plants. Since it is often difficult to consume the recommended five daily servings of vegetables, an interest has arisen for super foods containing an exceptionally high content of health-giving phytochemicals, nutrients, vitamins, minerals and enzymes.

Vitamin C is water-soluble and is also known by its chemical name - ascorbic acid. It is very unstable and disintegrates not only in cooking, but also when fruits and vegetables are peeled or stoned. Merely soaking unpeeled fruits in cold water depletes the Vitamin C content. Vitamin C does not occur in an isolated form, but is always surrounded by various accompanying nutrients. These

nutrients, in combination, are known as the Bioflavonoid complex.

Vitamin C & Bioflavonoids

Vitamin C influences several other nutrients. It improves the body's ability to absorb Calcium and Iron and to excrete poisonous Copper, Lead and Mercury. It assists as a tissue antioxidant to keep cells healthy. It lowers cholesterol by converting it into bile acids and is, in turn, helped by Zinc to perform its duties. Vitamin C also assists in the absorption of certain amino acids. It helps to neutralize Nitrosamines (carcinogenic substances that are formed when smoked meats such as ham and bacon are cured with nitrites).

Vitamin C plays a leading role in the body's resistance to bacterial infections and reduces the effects of allergens in the body. It possesses unique antioxidant properties, which assist in combating the negative effects of environmental and chemical pollutants.

Benefits:

- Vitamin C is the backbone of any immune boosting programme. It is strongly anti-viral and anti-bacterial.
- In recent research it was consistently found that those who supplemented with Vitamin C experienced shorter colds with fewer symptoms.
- Vitamin C promotes healthy gums, skin and connective tissue.

Bioflavonoids are the substances that provide the yellow and orange colour in citrus foods and are usually measured in milligrams (mg).

The prime function of Bioflavonoids is to increase capillary strength and regulate absorption. It works together with vitamin C to keep connective tissues healthy. No daily allowance has been established, but most nutritionists agree that for every 500mg of Vitamin C you should have at least 100mg of Bioflavonoids (ration 4:1).

Bioflavonoids (Polyphenol-rich substances found in all fruits and vegetables) have long been known to possess anti-allergic effects. As early as the 1950's, studies showed that Flavonoids could prevent the release of histamines. It wasn't until some years later, however, that more attention was paid to the link between Flavonoids and allergies.

There are numerous medications available, both by prescription and over the counter, to give relief to the allergy suffer. However, most produce unpleasant side

effects such as dry mouth and drowsiness. These medications work by blocking the histamine receptors in the cells.

Bioflavonoids, on the other hand, block the initial release of the histamine itself. Bioflavonoids therefore actually prevent allergic reactions rather than treating the symptoms - providing a new form of relief with a track record of clinical efficacy and safety.

Facts:

Human beings are one of the few mammals that cannot synthesise their own Vitamin C. We therefore require a regular daily intake from our food. Vitamin C is perishable and Vitamin C eaten at breakfast will be gone from the bloodstream by noon. It is therefore recommended to consume foods naturally high in Vitamin C (such as fresh fruits and vegetables) or to take Vitamin C tablets or powder throughout the day, every day.

High C Powder and Chewy C have a sustained release vitamin C formulation, which ensures a continuous release over a period of 4-8 hours to enhance utilisation.

What Vitamin C can do for you:

- ✓ Vitamin C acts as a natural antibiotic because it assists in the repair and growth of body tissue cells, teeth, gums and bones.
- ✓ Helps to prevent various bacterial and viral infections, and has been found to help the healing process of wounds and burns and shorten the duration of colds and flu.
- ✓ Inhibits the effect of allergic reactions.
- ✓ Aids in the absorption of Iron and Calcium. Therefore, it also aids the formation of red blood cells and gives strength to blood vessels.
- ✓ As an antioxidant, it helps to protect other vitamins from oxidation.
- ✓ Because of its function in helping to form collagen, Vitamin C can delay aging. Reduced collagen may be visible in wrinkles, thought to be a sign of aging.
- ✓ As an anti-histamine, Vitamin C alleviates allergies.
- ✓ As an anti-pollutant, it helps to eliminate toxic substances from the body.
- ✓ It can truly be called a wonder vitamin.
- ✓ Other claims are that Vitamin C can have a minimising effect on environmental pollution, helping stress conditions and lowering blood cholesterol levels in people with Arteriosclerosis.
- ✓ Bioflavonoids can assist in preventing allergic reactions.

Deficiency symptoms and disease:

Fatigue, irritability, loss of appetite, weight loss, bleeding gums, loosened teeth, wounds that will not heal, bleeding skin and inner organs because of Capillary fragility are all symptoms of deficiency.

Scurvy results from a serious Vitamin C deficiency and can be fatal in its acute form. Symptoms of Scurvy are loss of teeth, opening of old wounds, anaemia, loss of appetite, depression and hysteria. Scurvy still exists in populations ravaged by starvation and malnutrition.

WHO SHOULD TAKE CHEWY C / HIGH C POWDER?

Individuals who are not eating fresh fruits and vegetables or following a healthy balanced diet and also those displaying any of the following general symptoms of stress:

- Recurrent colds, flu or other infections
- Allergies
- Bleeding or inflamed gums
- Broken capillaries and sub-skin haemorrhages
- Strokes
- Anaemia
- Skin wrinkles
- Impaired healing of wounds

USING VITAMIN C TO BOOST THE IMMUNE SYSTEM:

Lifeforce offers you Chewy C Tablets and High C Powder that will play a vital role in assisting your immune system.

The immune system is the body's first defense in maintaining health, preventing illness and hastening recovery. Research has shown that supplementing the immune system can help you to resist illness.

Signs of an oncoming infection:

1. Clumsiness, dropping and bumping into things
2. Forgetfulness (memory lapses)
3. Fatigue (extreme tiredness)

To bring the infection under control:

Take 1,000mg of Vitamin C every 2½ hours or ½ teaspoon of High C Powder every 2 hours, until you pass loose stools. Calculate how many grams or teaspoons were taken since the regime started and then cut back by a 1,000mg or ½ teaspoon. Take this calculated dosage 3x per day until the infection clears.

Dosage:

Upper limit short-term consumption: 1,000mg per day.
Upper safe level long-term consumption: 500mg.

Benefit:

Vitamin C increases the percentage of B-Lymphocyte cells and enhances humoral (antibody) immunity responses

Toxicity:

No known toxicity.

Symptoms of overdose:

Diarrhoea and gastro intestinal disturbances.

Enemies of Vitamin C:

Vitamin C can easily be destroyed by heat (cooking of food), stress, smoking, high fever, antibiotics, aspirin and painkillers. Menopausal women can usually find some relief from hot flushes when increasing Vitamin C and Bioflavonoids intake. If your gums bleed frequently when you brush your teeth, make sure you're getting enough Rutin and Hesperidin. Anyone with a tendency to bruise easily will benefit from a Vitamin C supplement with Bioflavonoids, Rutin and Hesperidin.

Personal advice:

Your Vitamin C requirements are raised by smoking, the pill, pregnancy, breast-feeding, alcohol, burns, chronic infection and age. Smokers need more Vitamin C than non-smokers, as each cigarette destroys 25mg. Vitamin C is required in greater quantities by dieters consuming high protein diets and those suffering from Hypoglycaemia. A high Vitamin C intake increases the excretion of folic acid and therefore, anyone taking more than 2,000mg of Vitamin C per day should up their folic acid intake.

PLEASE TAKE NOTE:

Do not use these supplements if kidney functions are impaired.

THE EFFECTS OF STRESS ON THE BODY:

Prolonged stress places an increased demand on many organs and weakens the heart, blood vessels, adrenal glands and immune system. Long-term stress also causes depletion of micronutrients and protective glucocorticoid hormones secreted by the adrenal glands. These hormones are essential in regulating your blood sugar levels. Together, these harmful processes increase your risk of developing lifestyle diseases such as infections, high cholesterol, heart disease and chronic fatigue.

It is important to have the correct nutrients to repair and regenerate the adrenal glands. Many disorders related to stress are not a direct result of stress itself, but as a result of nutrient deficiencies caused by long periods of stress.

People experiencing and reacting to stress need to maintain a nutritious, well balanced diet with special emphasis on replacing nutrients through supplementation to counteract the likelihood of deficiencies.

INTRODUCTION TO A HEALTHY LIFE

Getting the most out of life requires good health, energy and vitality. Positive lifestyle habits - including balanced nutrition, supplementation, adequate exercise and relaxation - help you reach these goals.

Chewy C Tablets and High C Powder have been specially formulated and together with healthy eating, adequate exercise and relaxation will help to combat the damaging effects of toxin overload. A healthy body enables a healthy mind, spirit and soul, ensuring complete holistic health. Specialists, doctors, homeopaths, dieticians and other health professionals trust Lifeforce products for their unsurpassed quality and therapeutic properties.

The Lifeforce Chewy C and High C Powder formulas have been extensively used in practices over the past 31 years as a vital tool to assist patients in supplementing in the safest, most scientific way.

The Lifeforce Chewy C and High C Powder formulas have been medically created to assist in the recovery and strengthening of your Immune function. They are ideal for those who are very busy, stressed and who face a lot of demanding and challenging tasks.

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Reg No: 2000-023749-23

Suppliers of Lifeforce Products
Suite 250, Private Bag X153, Bryanston, 2021
Tel: (011) 659-0612 Fax: (011) 659-0578
E-mail address: we_are@yebo.co.za

A MEMBER OF THE HEALTH PRODUCTS ASSOCIATION

CONTACT: SUE DU PLESSIS