



VITAMIN C-1000

ITG Survive & Thrive

VITAMIN C-1000

Non-GMO Formula

Dietary Supplement
50 Tablets

| Amount Per Serving | %Daily Value |
|--|--------------|
| Vitamin C (as ascorbic acid) | 1000mg 1111% |
| Citrus Bioflavonoid 50% Complex (concentrate from lemons, oranges, grapefruit, limes and tangerines) | 530mg * |
| Rutin | 50mg * |
| Hesperidin Complex (from citrus) | 50mg * |
| Acerola Powder | 10mg * |
| Quercetin Dihydrate | 50mg * |
| Rose Hips (fruit) | 5mg * |

Supplement Facts
Serving Size 1 Tablet
Servings Per Container: 50

Other Ingredients: Vegetable stearic acid, calcium carbonate, methocel, hydroxypropyl methylcellulose, vegetable magnesium stearate and silicon dioxide.

KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

SUGGESTED USE: 1 tablet taken 1 to 2 times daily preferably with meals or as directed by a healthcare professional.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Distributed by ITG Diet®
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Vitamin C (as ascorbic acid) is a very popular dietary supplement due to its antioxidant properties that help maintain healthy tissue and helps the body absorb iron. Your body needs to form blood vessels, cartilage, muscle and collagen in bones.

Function – Vitamin C sequesters free radicals in the body. It is replenished by antioxidant enzymes and is often used as a reference drug in antioxidant research. Vitamin C's structure allows it to act on neurology and depression, as well as interact with the pancreas and modulate cortisol. Its antioxidant properties help vitamin C provide neuroprotective effects and benefits for blood flow. By protecting the testes from oxidative stress, vitamin C can also preserve testosterone levels.¹

IMMUNE SUPPORT:

Benefits of Vitamin C 1000mg with Rose Hips

- Supports healthy bones, teeth and gums.
- Supports immune system function.
- Protect fat-soluble Vitamins A and E and fatty acids from oxidation.
- Has antioxidant properties.
- Aids in fighting off pathogens and free radicals.

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VITAMIN SOURCES:

Citrus Bioflavonoid (concentrate from lemons, oranges, grapefruit, limes and tangerines)

Rutin is a plant pigment (flavonoid) that is found in certain fruits and vegetables. The major sources of rutin for medical use include buckwheat, Japanese pagoda tree, and Eucalyptus. Other sources include lime tree flowers, elder flowers, hawthorn, rue, St. John's Wort, Ginkgo, apples, and other fruits and vegetables.²

Hesperidin Complex (from citrus) Hesperidin is a plant chemical that is classified as a "bioflavonoid." It is most commonly found in citrus fruits. It is most commonly used for blood vessel conditions such as hemorrhoids, varicose veins, and poor circulation (venous stasis). May also help reduce inflammation.³

Acerola Powder is a shrub or small tree that is native to Central America, northern South America, Mexico, and the Caribbean. The fruit is similar to a cherry and is a deep red color when ripe. It is a rich source of vitamin C. It also contains vitamin A, thiamine, riboflavin, and niacin. It is used to treat or prevent scurvy, a disease caused by vitamin C deficiency. Acerola is commonly taken by mouth to prevent vitamin C deficiency. It is also used for the common cold, diarrhea, liver problems, and other conditions.⁴

Quercetin Dihydrate is a plant pigment (flavonoid). It is found in many plants and foods, such as red wine, onions, green tea, apples, berries, Ginkgo biloba, St. John's wort, American elder, and others. Buckwheat tea has a large amount of quercetin. It is most commonly taken by mouth to treat conditions of the heart and blood vessels and prevent cancer. It is also used for arthritis, bladder infections, and diabetes.⁵

Rose Hips (fruit) Rose hips are the seed pods of roses—the fruit that remains after the blooms fade. Fresh rose hips contain a lot of vitamin C, so they share many uses with vitamin C including preventing and treating colds, flu, and vitamin C deficiencies.⁶

Suggested Serving – 1 Tablet Daily

Resources:

¹ examine.com/supplements/vitamin-c

² webmd.com/vitamins

³ webmd.com/vitamins/ai/ingredientmono-1033/hesperidin

⁴ webmd.com/vitamins/ai/ingredientmono-608/acerola

⁵ webmd.com/vitamins/ai/ingredientmono-294/quercetin

⁶ rxlist.com/consumer_rose_hips_rosa_canina/drugs-condition.htm

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