



Bio-C-Vitamin

What is Bio-C-Vitamin?

Bio-C-Vitamin is film-coated tablets with 750 mg of vitamin C in the form of non-acidic calcium ascorbate in a pharmaceutical quality. Bio-C-Vitamin can be taken with or without a meal.

Pregnancy

Bio-C-Vitamin may be used by pregnant and lactating women.

Side effects

Bio-C-Vitamin is not associated with any known side effects.

What is vitamin C?

Vitamin C's exact name is ascorbic acid that means not-scurvy-acid, which again means the acid that counteracts scurvy. Vitamin C is a water-soluble vitamin and it contributes to the protection of oxidative stress and therefore an antioxidant. Vitamin C is a so-called co-factor in different enzymatic processes. Vitamin C distributes itself through the body's water phase, which includes everything that is not fat and bone tissue.

The vitamin C concentration in the brain is 10 times higher than what is found in blood. The highest concentration is found in white blood cells and blood

platelets. The adrenal glands and pituitary gland plus the testicles and ovaries have particularly high concentrations of vitamin C.

Mammals produce their own vitamin C

Almost all mammals are able to synthesize vitamin C in their adrenal glands by means of an enzymatic conversion of glucose. In these animals vitamin C works like a hormone. In humans, on the other hand, the gene of the vitamin C-producing enzyme contains a number of mutations resulting in an inability to produce the vitamin and therefore we depend on it from our diet.

Increased need

Humans need vitamin C in situations where they are exposed for oxidative stress, specially smokers have increased need for vitamin C.



Bio-C-Vitamin

1 tablet contains

Vitamin C
(as calcium ascorbate) 750 mg

RDA%

938%

Ingredients

Calcium ascorbate, microcrystalline cellulose, hypromellose, silicon dioxide, magnesium stearate, talc, titanium dioxide.

Dosage

1 tablet daily, unless otherwise advised.

Do not exceed the recommended daily dosage.
Preferably after a meal as a whole take.

Dietary supplements should not replace a varied diet.

Storage

Dark, dry and at room temperature.
Keep out of reach of young children.

A healthy lifestyle and a varied balanced diet is important for maintaining good health.

Suitable for vegetarians.

Properties of Vitamin C:

- Is an antioxidant which contributes to the protection of the body's cells from oxidative stress.
- Is almost fully absorbed from the intestine in dosages of about 100 mg daily. At higher dosages or in the case of diarrhea, the absorption is reduced.
- Contributes to regeneration of the reduced form of vitamin E.
- Plays a role in the collagen formation for normal blood vessels, bones, cartilage, gums, skin and teeth.
- Contributes to our normal energy-yielding metabolism, our immune and nervous system and also psychological functions. It increases our iron absorption.
- Plays a role in the reduction of tiredness and fatigue.

Good sources of vitamin C

Good and natural vitamin C sources include foods such as:

- Rosehips
- Acerola
- Bell pepper
- Vegetables
- Cabbage
- Citrus fruits



When to avoid Vitamin C supplements

Vitamin C increases the absorption of iron and should therefore not be taken by people with iron overload problems. In addition, Bio-C-Vitamin should not be used by people who tend to develop kidney stones, have impaired renal function or glucose 6-phosphate dehydrogenase deficiency. Rare cases of diarrhea and indigestion have been reported from large intake of vitamin C.

Overdosing

Vitamin C overdosing rarely occurs, as a vitamin C surplus is normally excreted in the urine. Ingesting more than 2 grams of vitamin C daily may in some people cause a completely harmless state of diarrhea known as osmotic diarrhea.