

Naturemedies Vitamin C Boost Complex

FOOD-FORM VITAMIN C



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Naturemedies Vitamin C Boost Complex 60 caps

Usage:

Take 1 capsule, 1 to 3 times per day or as required.

Naturemedies Vitamin C Boost Complex is a combination food state vitamin C supplement, derived from some of nature's richest sources of this essential vitamin and antioxidant: Acerola cherry, rosehip, blackcurrant, parsley leaf and elderberry.

The natural food ingredients are more easily recognised by the body, facilitating maximum digestion, absorption and utilisation. The vitamin C is retained for longer; not rapidly eliminated.

Packed with antioxidants, vitamins, minerals, bioflavonoids, pectins, essential oils, lycopene, carotenoids, plant sterols, catechins, polyphenolics and many other phyto-nutrients, this vitamin C supplement is gentle and non-acidic.

No artificial vitamin C (ascorbic acid).

Ideal for long-term usage.

Approved EFSA health claims:

Vitamin C contributes to maintaining the normal function of the immune system. It also contributes to normal collagen formation for the normal function of blood vessels, bones, cartilage, gums, skin and teeth, normal energy-yielding metabolism, normal functioning of the nervous system, normal psychological function, protection of cells from oxidative stress, the reduction of tiredness and fatigue, the regeneration of the reduced form of vitamin E and increases iron absorption.

Synthesised vitamin C (which is normally in the form of ascorbic acid and mineral ascorbates) may look like vitamin C in chemical structure, but it is missing the natural and essential co-factors found in food state health food products. This vitamin C combination is made up of natural food ingredients, as recognised and required by the body for maximum digestion, absorption and utilisation.

This natural combination is also one of the few vitamin C supplements that: is not rapidly excreted from the body; is easily absorbed (a lower intake is required); is not acidic - many people are unable to tolerate citrus-based supplements, which can aggravate certain medical conditions

Acerola cherry: Acerola cherries are known as superfruits, due to their excellent nutritional value and exceptionally high vitamin C content.

Vitamin C is essential for the growth and repair of cells and for a strong immune system. Acerola cherries provide a naturally bio-available and powerful source of vitamin C, which is fully utilised by the body - unlike synthetic ascorbic acid, which is sold as vitamin C.

By way of a comparison of vitamin C content with other fruits, 1 small acerola cherry contains around 80mg of vitamin C - this is 30 times the amount found in oranges (of the same weight). These cherries possess an amazing array of nutrients, including potent antioxidants. In fact, researchers have identified nearly 150 nutritive constituents, which include bioflavonoids, proteins, mineral salts, iron, calcium and phosphorus. This undoubtedly makes acerola cherries one of the most nutritious fruits known to us.

Blackcurrant: Also considered to be superfruits due to their wide array of nutrients, blackcurrants were used during World War 2 as a replacement for oranges and other fruits rich in vitamin C (as they were difficult to source in the UK at that time). These berries are extraordinarily rich in vitamin C and are actually far superior to navel oranges - containing more than three times as much of this powerful antioxidant. They also contain a good amount of calcium, potassium, phosphorus, iron, phyto-nutrients, vitamin E and other antioxidants, including anthocyanins

- a type of polyphenol. Blackcurrants are a great energy food and the seeds are rich in unsaturated fatty acids. They can also help to prevent joint inflammation, eye strain and urinary infections.

A recent scientific study revealed that the natural chemicals and compounds found in blackcurrants may help to balance the impact that exercise can have on the body. Researchers in New Zealand also uncovered a compound, which may help to improve breathing in some types of asthma. British scientists are now investigating how blackcurrants may hold the key in helping to slow the progression of Alzheimer's. Rosehip: Rosehips are red fruits found on roses. They are a great source of vitamin C and bioflavonoids. There is as much vitamin C in a cup of rosehip pulp as in 40 oranges!

Vitamins A, B1-3 and K are also present. The bioflavonoids, present in the pulp and the rind of the fruits, exert a synergic action to vitamin C, enhancing its absorption rate.

From a health perspective, rosehips are best known for their high content of bio-available vitamin C. There is approximately 1,700mg of vitamin C in 100g of dried rosehip.

Studies show that rosehips may reduce the symptoms of osteoarthritis and help sore, achy joints to function better. This fruit is certainly no stranger to the world of alternative medicine and could be described as a nutritional superstar with its high iron and vitamin content. It has an antioxidant potential even greater than that of blueberries!

Parsley leaf: A highly nutritious member of the umbelliferous vegetable family, parsley has many health benefits and a host of nutrients, such as vitamins A, C and E, bioflavonoids, iron, folic acid, volatile oils, coumarins, flavonoids, chlorophyll and other powerful antioxidants and phyto-nutrients.

Parsley contains more vitamin C than any other culinary vegetable, i.e. approximately three times as much as that found in an orange and about the same amount as blackcurrants. Its iron content is high (around twice as much as spinach). It is also a good source of manganese, calcium and potassium.

Raw parsley and juice is used to cleanse the blood, dissolve the sticky deposits in veins, help maintain elasticity of blood vessels, help break down small kidney stones and gallstones and as a natural breath freshener and diuretic.

Elderberry: Elderberries are rich in vitamins A and B, flavonoids and potassium, but they are most notable because they contain more vitamin C than any other traditional fruits (except for blackcurrants and rosehips)! Research indicates that they promote disease resistance, which explains their traditional use in connection with the treatment of colds, viral infections and upper respiratory conditions (including asthma). They are also said to help lower cholesterol, improve vision, support heart health, improve diabetes symptoms, improve digestion, alleviate muscle aches, relieve arthritis symptoms, act as a mild laxative and diuretic and support immunity.

In fact, anthocyanins found in elderberries have more antioxidant capacity than either vitamin E or vitamin C!

These potent antioxidants enhance immune function by boosting the production of cytokines - proteins that act as "messengers" in the immune system to help regulate immune response.

