

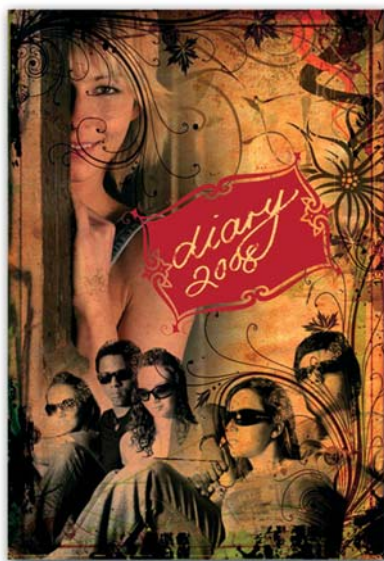
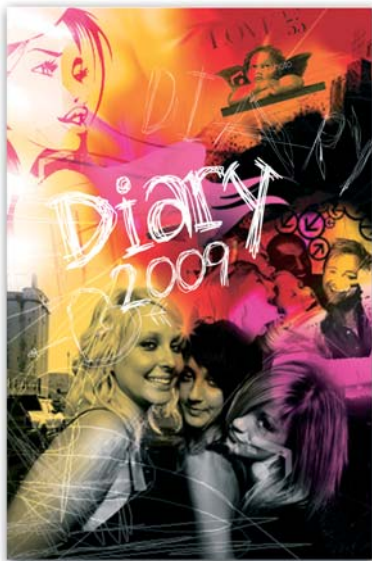
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PINNACLE
The Evolution of Risk








**THE
Vital
GUIDE**

—
to nutritional
supplements, vitamins
minerals, herbs
health foods &
beverages.




VITAMIN C range

VITAMIN C IS A WATER-SOLUBLE VITAMIN. VITAMIN C, ALSO KNOWN AS ASCORBIC ACID CANNOT BE STORED IN THE BODY IN SUFFICIENT QUANTITIES, SO REGULAR INTAKE IS ESSENTIAL.

Vitamin C is abundant in citrus fruit, guavas, kiwi fruit, strawberries, green and red peppers, broccoli, cauliflower and chilies. Vitamin C plays a role in maintaining healthy gums, skin, connective tissue and mucous membranes that are affected by colds and flu. Vitamin C functions as a tissue antioxidant, thereby keeping cells healthy.

Vitamin C also assists with the absorption of iron from vegetable sources. Intake should be increased during pregnancy and breastfeeding as Vitamin C plays a role in the utilization of folic acid. The tablets are an excellent way to replace the Vitamin C lost through food storage and processing, smoking, drinking, stress, dieting and the use of medicines, such as antibiotics. Vitamin C is a powerful antioxidant, protecting cells against free radical damage.

VITAMIN C TABLETS- 300 mg
A non-chewable Vitamin C tablet formulation which has 300 mg Vitamin C per tablet.

- Free from artificial colours and flavours, preservatives and gluten.
- Available in boxes of 100 tablets

VITAMIN C COMPLETE TABLETS - 600 mg
This complete high strength Vitamin C formulation has the added benefits of the bioflavonoids Rutin and Hesperidin, which have powerful antioxidant functions to protect cells against damage.

- Free from artificial colours, preservatives and gluten.
- Available in boxes of 20 tablets

bioflavonoids
A group of water-soluble compounds often found in fruits and vegetables. They are also known as Vitamin P and are complementary to Vitamin C. Bioflavonoids appear to enhance the function and support the absorption of Vitamin C.

VITAMIN C CHEWABLE ORANGE or CHERRY TABLETS - 300 mg
Available in delicious orange or cherry flavours, these chewable tablets are sugar-free and specially buffered to keep acidity low.

- Free from artificial colours, preservatives and gluten.
- Available in boxes of 100 tablets

buffered formulation
Vitamin C is Ascorbic Acid- an acidic substance. Acids can be "tamed" by the process of buffering. This entails combining the acid with a molecule, which can reduce the acidity. Sodium Ascorbate is a buffered form of Ascorbic Acid. Because buffered Vitamin C is less acidic than Ascorbic Acid, it is far less damaging to teeth and the stomach lining.



