

BIO-COMPLEX C

Superior Vitamin C with Bio-Flavonoids

Vitamin C (ascorbic acid) is one of the most well-known nutrients worldwide. Such recognition is deserved, considering its role in nutritional biochemistry. Not only is vitamin C a key antioxidant, protecting cells throughout the body from free radical damage, this water-soluble vitamin serves as a cofactor in the synthesis of important neurotransmitters, such as dopamine and norepinephrine, and plays an integral role in the production of cellular energy. Bio-Complex C is essential for proper metabolism of carbohydrates and synthesis of fats and proteins.* It helps break down cholesterol and also helps maintain healthy immune function. Bio-Complex C promotes wound healing because it is a cofactor for the synthesis of collagen and other connective tissue components.

The term ascorbic acid refers to vitamin C in its purest form, not bound to any other compound. Global Nutrition Bio-Complex C with Flavonoids contains ascorbic acid and citrus flavonoids (a mixture of naturally-occurring flavonoids, including rutin, hesperidin, and quercetin), and is 100 percent pure. Unlike many vitamin C supplements from other companies, Bio-Complex C contains no corn starch. Although it is not true that ascorbic acid will not work in the body without flavonoids, vitamin C does work better when accompanied by flavonoid molecules, as their presence in cells spares vitamin C and provides greater antioxidant activity.

Bio-Complex C is an essential, water-soluble antioxidant for collagen stabilization. A deficiency can result in poor collagen cross-linkage and weaker connective tissue. Bioflavonoids have some of the same mechanisms of action, potentiating the effect of ascorbic acid.

In addition to immune support, connective tissue support, and its role in cellular energy production, antioxidant activity is one of the primary reasons for vitamin C supplementation. In addition to strong antioxidant activity, flavonoids support other key functions in the body.

Factors dictating higher vitamin C include smoking, alcohol ingestion, stress, diabetes, pregnancy, environmental toxicity, and the use of certain drugs.

Global Nutrition Vitamin C is made in the USA, gluten soy wheat milk/dairy, artificial flavors free