Vitamin C, also known as ascorbic acid, is a water-soluble substance, which must be obtained from dietary sources. Although vitamin C occurs naturally in fresh, raw fruits and vegetables, cooking can destroy vitamin C content in foods.

Bioflavonoids act synergistically with vitamin C and enhance its absorption.

Did you know?
While most animals manufacture their own vitamin C, humans and a handful of other animals do not. Vitamin C was first made famous in the 1700s with the discovery that it prevents scurvy.

Today we know that vitamin C is involved in every step of the body’s process of manufacturing and replacing collagen protein, thus vitamin C is an important nutrient for maintaining the health and formation of connective tissue throughout the body.

Bioflavonoids, when first discovered in the 1930s, were initially called vitamin P (for permeability). Flavonoids make up the bright coloured pigments in flowers, fruits and vegetables alike. Science has identified over 4000 bioflavonoids from only studying a small sample of the plant kingdom.

NSP Advantage
150 tablets. Vitamin C supplement.

Ingredients: Medicinal Ingredients: Each capsule contains ascorbic acid (Vitamin C) 500 mg. Non-medicinal Ingredients: Lemon bioflavonoids, orange bioflavonoids, grapefruit bioflavonoids, hesperidin complex, rutin, rosehips extract, dicalcium phosphate, stearic acid, magnesium stearate and cellulose.

Recommendation (adults): Take one or two tablets daily with a meal.

Features & Benefits

- An antioxidant for the maintenance of good health.
- Vitamin C helps in wound healing and in connective tissue formation.