



*The Healing Sanctuary*  
an affiliate of Mountain View Hospital

S U P P L E M E N T S

# Vitamin C

(Beadlets & Capsules)

*Indicated for Immune Health*

**Vitamin C-500 is a time-released ascorbic acid with rutin, which works synergistically with vitamin C, and is designed to maximize bowel tolerance. Because the body can only absorb about 200 mg of vitamin C at once, the time-release feature means that less is wasted and more is absorbed and metabolized over time.**

## Suggested Use (Capsules)

Take 1 capsule after each meal, or as directed by a qualified health professional.

**Quantity:** 100 Capsules.

## Suggested Use (Beadlets)

10 g = 2 tsp, diluted in beverage of choice, per day or as directed by your qualified healthcare provider.

**Quantity:** 300 Grams.

## Other Ingredients

**Capsule:** 500 mg Vitamin C, Rutin, Nonpareil Seeds, Microcrystalline Cellulose, Food Glaze & Gelatin Capsule.

**Beadlet Powder:** Hydroxyethylcellulose.



## Vitamin C

- Promotes tissue healing and integrity
- Enhances immune function
  - Has an antihistamine effect
  - Has an antiviral and antibacterial effect
- Plays an active role in the production of neurotransmitters
- Involved in lipid and cholesterol metabolism
- A component of major drug metabolizing enzyme systems
- Extremely important in wound healing and immune function



- **Vitamin C** is a very powerful antioxidant, especially in lipid and vitamin metabolism.
- **Rutin** is a bioflavonoid with an antioxidant action.
- **Bioflavonoids** including buckwheat-derived rutin, have been used in easy bruising and capillary fragility.

*The ingredients in this product are supplied by the well-respected USA and/or European vendors, and they are HPLA analyzed for purity and quality. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.*