

Ester-C® 650mg

A non-acidic, easily absorbed form of vitamin C

Presentation

A cream coated oval tablet.

Each tablet delivers:

| | |
|--------------------------------------------|-------|
| Ester-C® | 650mg |
| providing: | |
| Vitamin C (as Calcium Ascorbate/Threonate) | 500mg |

Tableted with:

Cellulose, Calcium Carbonate, Hydroxypropyl Cellulose, Anti-caking Agents (Silicon Dioxide, Stearic Acid, Magnesium Stearate), Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin).

Disintegration time: Less than 1 hour.

Suitable for vegetarians (V) **and vegans** (V)

quantity
90

type
tablets

code
8113



Uses

Vitamin C, or ascorbic acid is needed for a healthy immune system, healthy bones, teeth and gums as well as helping to maintain normal blood fat and cholesterol levels. In addition to being an antioxidant in its own right, vitamin C facilitates the body in recycling other antioxidants.

Vitamin C, being one of the fragile water-soluble nutrients, is highly unstable and easily destroyed by heat and light, and it is not always possible to be sure how much is taken in the diet. Our daily requirement for it is higher than for any other water-soluble vitamin.

However due to its acidity, vitamin C may cause slight gastric upset in those with very sensitive stomachs. As patient compliance is always an important consideration of ours, we include Ester-C® in our range of vitamin C products as it is non-acidic (a neutral pH like distilled water) and hence gentle on the stomach.

Evidence suggests that Ester-C® is also more bioavailable than ordinary vitamin C, producing higher vitamin C levels inside cells and furthermore, it appears to stay in the body for longer as less is excreted in the urine.

Each 650mg Ester-C® tablet provides 500mg of vitamin C.

Usage and administration

1 to 3 tablets daily.

Allergen advice

None (see page 194).

Cautions

Over 1000mg of Vitamin C may cause mild stomach upset in sensitive individuals.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

