



## VITAMIN C 500 mg CHEWABLE GRAPE JUICE

UPC CODE 0 646420 5200 1

NPN# 01994336

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### NATURAL HEALTH PRODUCTS DIRECTORATE (NHPD) CLAIMS:

**Jamieson Vitamin C 500 mg Chewable Grape is approved for the following NHPD claims:**

- A factor in the maintenance of good health
- Helps the body to metabolize fats
- Helps the body to metabolize proteins
- Helps in the development and maintenance of bones, cartilage, teeth and gums
- Helps in connective tissue formation
- Helps in wound healing
- An antioxidant for the maintenance of good health

### GENERAL INFORMATION

Ascorbic acid, or vitamin C as it is commonly known has many functions in the body. Although some animals synthesize ascorbic acid within the body, humans depend on external sources to cover their vitamin C requirements. It is a powerful water-soluble antioxidant, protecting polyunsaturated fatty acids, proteins and other antioxidants from oxidation.

Vitamin C is an antioxidant required for: tissue growth and repair; adrenal gland function; enhanced immunity; and healthy gums. As an antioxidant, vitamin C protects against the harmful effects of pollution, protects against infection, and reduces the cellular damage incurred by free radicals.

Free radicals can compromise the vital health of cells.

As a coenzyme, it is a factor for many metabolic processes including those necessary for wound healing, for drug metabolism, and the metabolism of dopamine, cholesterol, and folic acid. Through its oxidation-reduction abilities, vitamin C also functions to keep iron and copper in the reduced state, necessary for their proper functioning.

Vitamin C is an essential nutrient that helps: the formation of collagen; protects against blood clotting and bruising; supports healthy hair and skin; strengthens the immune system under stress; and maintains overall good health.

Vitamin C provides for better immune system function under stress so individuals are better able to combat illness. It elevates the levels of circulating antibody IgG, the body's principal defense against systemic infection. Vitamin C also helps support the adrenal glands, a key component in the body's response to stress; it boosts the synthesis of adrenal hormones. Adrenal hormones, which can be depleted with stress, are involved in energy production, immune system regulation, inflammation control, blood sugar balance, and sleep regulation. Vitamin C is depleted by stress and is therefore often referred to as one of the 'stress vitamins'.

Vitamin C clearly has many important functions and yet, as a species, humans are at a high risk of not getting the recommended amounts. We cannot produce it in our bodies, nor can we store it for very long. Although there is a pool of vitamin C in the body, there is a constant turnover of this vitamin, and any excess vitamin consumed beyond immediate need is excreted. Therefore, a daily, continuous intake of vitamin C is required.

Although scurvy, the vitamin C deficiency disease, is rare, subclinical vitamin C deficiencies are common.

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**For Accidental Overdose** (such as child ingesting formula)  
Dial 911, 0 for operator assistance or call you nearest Poison Control Centre.

**For Professional Use Only**  
The information contained here has been accumulated from many sources.  
Indications are not intended as cures, they are simply a guideline to be used at your professional discretion.

For more information please visit [www.jamiesonvitamins.com](http://www.jamiesonvitamins.com) or call 1-800-265-5088 to speak to a Consumer Affairs representative.

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Symptoms include capillary fragility (easy bruising), muscular weakness, gums that bleed easily, poor healing of wounds, anemia, and tender and swollen joints. Individuals most likely to be deficient include the elderly, excessive drinkers, those severely ill or under chronic mental or physical stress, and those who do not consume a proper diet.

Jamieson's Vitamin C chewable is formulated from natural sources and is pharmaceutically tested to guarantee full potency and absolute clinical purity. This formula is a powerful antioxidant that protects polyunsaturated fatty acids and proteins from oxidation, protects against cell damage, helps speed tissue healing, and boosts the immune system.

What makes Vitamin C 500 mg Chewable Grape from Jamieson Laboratories different...and why does this difference mean better?

- 1) A delicious tablet that combines the goodness of vitamin C with the flavour of fresh grapes.
- 2) Easy to chew- good for consumers who prefer not to swallow tablets.
- 3) Contains lemon bioflavonoids, which work synergistically with vitamin C to maintain the structural health and fluid permeability of capillaries. They are also potent antioxidants which protect the cells from free radical damage.
- 4) Our premium formulations are manufactured using the 360 Pure process – a minimum of 360 quality tests that guarantee traceability and reliability of raw material, product safety, full potency and absolute clinical purity.

## INGREDIENT INFORMATION

Available as 100 tablets.

Each tablet contains:

Vitamin C

(Ascorbic Acid, Sodium Ascorbate).....500 mg

Supporting Botanical Blend.....7 mg

Derived from Rutin (*Dimorphandra mollis*, pod),

Hesperidin Complex, (*Citrus limon*, *Citrus paradisi*,

*Citrus sinensis*, rind). Lemon Bioflavonoids (*Citrus*

*limon*, rind), providing 3% Hesperidin, Acerola

Cherry (4:1) extract (*Malpighia glabra*, fruit).

Equivalent to 5.6 mg of Raw Herb, Rosehips (*Rosa canina*, fruit).

## EXCIPIENTS

Dextrose, Mannitol, Cellulose, Calcium Carbonate, Natural Grape Flavours, Vegetable Stearic Acid, Vegetable Magnesium Stearate, Silica, Sucralose, Natural Carmine Purple.

## DIRECTIONS

**Adults:** Chew 1 to 4 tablets daily with a meal. Store between 15°C-25°C, away from children.

## INDICATED BENEFITS

- Promotes healthy capillaries, gums, and teeth
- Aids in iron absorption
- Helps heal wounds and broken bones
- Prevents and treats scurvy
- Helps treat anemia, especially iron deficiency anemia, by increasing the absorption of iron from the intestines
- Helps form collagen in connective tissue
- Contributes to hemoglobin and red blood cell production in bone marrow.
- Aids in preventing many types of viral and bacterial infections and generally potentiates the immune system
- Aids in the treatment and prevention of the common cold

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## **NUTRIENT INTERACTIONS**

### **Drug Interactions**

Mixed amphetamines, Propranolol (medication for high blood pressure), Tetracycline, Warfarin (blood thinning medication).

### **Nutrient Depletions**

Acetaminophen, Ampicillin, Alcohol, aspirin, Carbidopa, Clozapine, Cyclophosphamide, Cyclosporin (medication for cancer treatment), nitroglycerin, oral contraceptives.

Excess vitamin C can interfere with the absorption of copper and selenium.

### **Supportive Drug Interactions**

Loop diuretics (vitamin C amplifies the effects of these medications), nitrate medications for heart disease (vitamin C may reduce the development of tolerance).

Vitamin C works well when taken in conjunction with other antioxidants such as vitamin E.

## **WARNINGS AND PRECAUTIONS**

None known when taken as directed.

## **TOXICITY, ADVERSE REACTIONS, AND SIDE EFFECTS**

Doses greater than recommended have been associated with loose stools, diarrhea, gas and bloating. Decrease dosage if these symptoms occur.

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