



GOLD C

A DIETARY SUPPLEMENT TO SUPPORT IMMUNE SYSTEM
FUNCTION AND COLLAGEN HEALTH*

A dietary supplement to support immune system function and collagen health.*

Vitamin C:

- Helps maintain collagen*
 - Helps form red blood cells*
 - Provides antioxidant protection against free radicals*
 - Supports the immune system*
- **Gold C** contains Vitamin C in a buffered Ascorbate form. Ascorbate is a Vitamin C molecule with a mineral ion. All Vitamin C must link up with a mineral before it can be absorbed into the blood stream. By supplying minerals along with Vitamin C, **Gold C** supports the immediate assimilation of Vitamin C in the body.* Because **Gold C** is in the Ascorbate form and the presence of minerals help to act as natural buffers, it helps prevent stomach irritation that is common in non-buffered formulas.*
- Vitamin C or Ascorbic Acid belongs to a class of vitamins which are termed water-soluble nutrients. It is not stored in the body and should be replenished throughout the day and evening for optimal health.* As a water soluble vitamin, the body is able to excrete any unneeded levels of Vitamin C, which allows for flexible dosing.*
- **Gold C** contains Bioflavonoids, which increase the effectiveness of Vitamin C by 50%.* Calcium, Magnesium, Zinc, Manganese and Potassium are included in the **Gold C** formulations. The diuretic effect accompanying higher intake of Vitamin C often depletes the body's store of vital minerals. **Gold C** provides a bioavailable source of minerals.* Pectin has been shown to be beneficial in managing cholesterol levels within normal ranges.*

Supplement Facts

Serving Size: 1 Tablet

Each serving contains:

Vitamin C (as Ascorbic Acid and Mg, Ca, Zn & Mn Ascorbates)	1000 mg
Calcium (as Ca Carbonate & Ca Ascorbate)	90 mg
Magnesium (as Mg Ascorbate)	40 mg
Zinc (as Zn Ascorbate)	2.5 mg
Manganese (as Mn Ascorbate)	125 mcg
Potassium (as K Citrate)	60 mg
Citrus Pectin	100 mg
Mixed Citrus Bioflavonoids	100 mg
containing: Mixed citrus bioflavonoid peel complex (orange, lemon and/or grapefruit bioflavonoids), rose hips (<i>Rosa canina</i>) fruit powder, acerola cherry (<i>Malpighia glabra L.</i>) fruit powder, rutin, and hesperidin bioflavonoid complex	

Other ingredients: vegetable stearate, croscarmellose sodium, silicon dioxide, microcrystalline cellulose, stearic acid, hydroxypropyl methylcellulose, polyethylene glycol.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

Suggested Use: As a dietary supplement, take 1 tablet with each meal, or as directed by your healthcare practitioner.

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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