



NATURE'S SUNSHINE

Vitamin C Ascorbates

GOOD FOR

Immune System

Connective Tissue

SIZE **9 oz powder**

ITEM # **1606**

SERVING **1 tsp**

SUPPLY **55 days**

DIRECTIONS FOR USE Add approximately 1 slightly rounded teaspoon (4.5 grams) to a glass of liquid and stir vigorously. Take once daily.

— How the Key Ingredients Work

Vitamin C Ascorbates pairs buffered vitamin C with a thoughtful blend of minerals and plant compounds so your body gets gentle, well-rounded support. Together these ingredients work as a team — helping your immune system, your connective tissue, your circulation, and your everyday energy stay in great shape.

Vitamin C (Ascorbic Acid) — The star of the formula.

Vitamin C is one of the body's most important antioxidants, helping protect cells from everyday wear and tear. It supports a healthy immune response, helps the body build and repair collagen for skin and tissue, and even helps you absorb iron from the foods you eat. Because the body can't make its own vitamin C, getting enough every day really matters.

Calcium — Most people think of calcium as the bone mineral — and they're right. It's the main building block of your skeleton and teeth, and getting enough throughout life helps keep bones strong and dense. But calcium also plays a quiet role in muscle function and nerve signaling, making it a true all-around mineral your body relies on daily.

Potassium — Potassium is the mineral your heart and muscles count on to keep a steady rhythm. It helps balance fluids in the body, supports healthy blood pressure by working against the effects of too much sodium, and research links good potassium intake to better bone density over time. It's also involved in how the body handles blood sugar, since it plays a part in normal insulin function.

Cherry (Tart Cherry Extract) — Tart cherries are packed with natural plant pigments called anthocyanins — the same compounds that give them their deep red color. These pigments are powerful antioxidants that help the body manage everyday inflammation and oxidative stress. Studies have looked at tart cherry for supporting joint comfort, athletic recovery, and even healthy blood pressure, making it a well-rounded botanical addition to this formula.

Rutin — Rutin is a flavonoid found naturally in foods like buckwheat, apples, and citrus. It's best known for its ability to strengthen and protect the tiny blood vessels called capillaries, helping support healthy circulation throughout the body. Rutin also acts as an antioxidant, helping neutralize free radicals, and research suggests it may support healthy blood flow by discouraging unwanted clotting activity.

Hesperidin — Hesperidin comes from citrus peel and belongs to the same family of plant compounds as rutin. It's well studied for its antioxidant activity and its ability to support the health of blood vessel walls. Clinical research shows hesperidin can help support healthy blood pressure and improve how well blood vessels function — a great complement to vitamin C's own vascular benefits.

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