



NATURE'S SUNSHINE

Vitamin C (1000 mg, Time Release)

Organic

Non-GMO

GOOD FOR

Immune System

Connective Tissue

Hair, Skin & Nails (Integumentary)

SIZE **60 tablets**ITEM # **1635**SERVING **1**SUPPLY **60 days**

DIRECTIONS FOR USE Take one tablet daily with a meal.

— How the Key Ingredients Work

This formula pairs 1,000 mg of vitamin C with a time-release delivery system so your body gets a gentle, sustained supply throughout the day rather than one quick spike. Complementary botanicals and bioflavonoids — including hesperidin, rutin, lemon, cherry, and rose hips — work alongside the vitamin C to broaden antioxidant protection and support healthy circulation, collagen, and overall vitality.

Vitamin C (Ascorbic Acid) — The star of the formula. Vitamin C is one of the body's most important water-soluble nutrients — it helps keep the immune system strong, supports the production of collagen that holds skin and connective tissue together, helps the body absorb iron from plant foods, and acts as a powerful antioxidant that protects cells from everyday oxidative stress.

Hesperidin — A natural flavonoid found in citrus peel, hesperidin is prized for its antioxidant strength and its ability to support healthy blood vessels and circulation. Research shows it can help protect the lining of blood vessels, support healthy blood pressure already in the normal range, and contribute to the body's overall defense against oxidative stress.

Rutin — Often called vitamin P, rutin is a plant flavonoid that helps reinforce the walls of tiny capillaries, keeping them strong and less leaky. It also brings notable antioxidant activity to the formula, helps support healthy inflammatory balance, and research suggests it may play a role in supporting healthy blood flow and circulation.

Rose Hips — The small, bright-red fruit left behind after a rose blooms, rose hips are one of nature's richest plant sources of vitamin C. They also supply polyphenols, carotenoids, and flavonoids that add extra antioxidant depth to this formula. Rose hips have a long history of traditional use for joint comfort and immune support.

Lemon — Whole lemon provides natural vitamin C alongside a family of citrus flavonoids — including eriocitrin, hesperidin, and naringenin — that work together to boost antioxidant capacity beyond what vitamin C alone can offer. Lemon's natural compounds also help the body absorb iron from food more efficiently, supporting healthy energy levels.

Cherry — Tart cherry is packed with anthocyanins, the deep-red pigments that give cherries their color and their antioxidant punch. Human studies show tart cherry can help reduce markers of oxidative stress and support a healthy inflammatory response, making it a great complement to vitamin C for people who want to support active, everyday wellness.

Calcium — Calcium is the most abundant mineral in the body and is best known for keeping bones and teeth strong. It also plays a quiet but essential role in muscle function and nerve signaling. Including calcium here helps round out the formula's support for overall structural health, especially when paired with vitamin C's role in collagen production that gives bones their flexible framework.

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