



NATURE'S SUNSHINE

# Citrus Bioflavonoids (Vitamin C)

GOOD FOR

Immune System

Connective Tissue

Cardiovascular system

SIZE **90 Tablets**

ITEM # **1646**

SERVING **2**

SUPPLY **45 days**

DIRECTIONS FOR USE Take 2 tablets daily with a meal.

## — How the Key Ingredients Work

This formula brings together vitamin C from whole citrus sources — oranges, lemons, grapefruit, and rose hips — alongside naturally occurring bioflavonoids like hesperidin and rutin, plus key minerals, so every nutrient works in harmony the way nature intended.

**Vitamin C (Ascorbic Acid)** — The cornerstone of this formula, vitamin C is the body's go-to water-soluble antioxidant. It helps keep the immune system strong, supports the production of collagen that holds skin and connective tissue together, and helps the body absorb iron from food. Because the body can't make its own, a reliable daily source really matters.

**Hesperidin** — Found naturally in orange peel, hesperidin is a citrus flavonoid that works alongside vitamin C to support healthy blood vessels and circulation. Research shows it helps maintain healthy blood pressure, supports the inner lining of blood vessels, and brings antioxidant activity that helps protect cells from everyday oxidative stress.

**Rutin** — Rutin is a plant flavonoid found across the citrus family and is sometimes called vitamin P. It's best known for helping strengthen capillary walls and supporting healthy circulation. It also acts as a meaningful antioxidant, helping to neutralize free radicals, and research suggests it supports a balanced inflammatory response in the body.

**Rose Hips** — Rose hips — the small fruit of the rose plant — are one of nature's richest sources of vitamin C, with levels that can reach up to 1,300 mg per 100 g. They also bring polyphenols, carotenoids, and flavonoids to the mix. Studies support their role in antioxidant defense, joint comfort, and even mild blood pressure support.

**Orange (Citrus sinensis)** — Sweet orange contributes natural vitamin C, hesperidin, and naringenin to this blend. Human studies show that orange-derived compounds increase the body's antioxidant markers and help support healthy blood pressure and arterial function. It's a foundational citrus source that amplifies the whole formula's protective benefits.

**Lemon (Citrus x limon)** — Lemon brings its own set of flavonoids — including eriocitrin and naringenin — alongside vitamin C. Research shows that citrus extracts combined with vitamin C can significantly boost the body's ability to resist oxidative damage. Lemon's vitamin C also plays a direct role in helping the body absorb iron from plant-based foods.

**Grapefruit (Citrus x paradisi)** — Grapefruit adds naringin, naringenin, and lycopene to the citrus mix. Clinical trials show that regular grapefruit consumption raises the body's antioxidant activity and supports healthy LDL levels and blood pressure. It's a powerful complement to the other citrus ingredients, rounding out the formula's cardiovascular and antioxidant support.

**Calcium** — Calcium is the most abundant mineral in the body and the primary building block of bones and teeth. It's essential throughout life — from childhood, when peak bone mass is being built, through adulthood, when maintaining bone density becomes the priority. It also plays a role in normal nerve signaling and muscle function every single day.

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