



NATURE'S SUNSHINE

Vitamin C (1000 mg, Time Release)

Vegan

Non-GMO

GOOD FOR

Immune System

Connective Tissue

Hair, Skin & Nails (Integumentary)

SIZE **120 tablets**

ITEM # **3240**

SERVING **1**

SUPPLY **120 days**

DIRECTIONS FOR USE Take one tablet daily with a meal.

— How the Key Ingredients Work

This time-release formula delivers vitamin C gradually over several hours so your body can absorb and use it steadily throughout the day. Paired with complementary botanicals and nutrients, it covers a wide range of everyday wellness needs — from immune defense and healthy skin to strong blood vessels and natural antioxidant protection.

Vitamin C (Ascorbic Acid) — The star of the formula. Vitamin C is something the body cannot make on its own, so we need it every day. It helps keep the immune system strong, supports the body in making collagen for healthy skin and connective tissue, helps absorb iron from food, and acts as a powerful antioxidant that protects cells from everyday wear and tear.

Rose Hips — Rose hips are one of nature's richest natural sources of vitamin C, and they bring their own bonus antioxidants — including carotenoids and polyphenols — that work alongside ascorbic acid. Research has looked at rose hip powder for joint comfort and mobility, and studies also point to a mild, positive effect on healthy blood pressure levels.

Hesperidin — Found naturally in citrus peel, hesperidin is a plant compound that helps protect the lining of blood vessels and supports healthy circulation. Studies show it can help maintain normal blood pressure and improve how well blood flows through small vessels. It also adds antioxidant support and may help the body manage everyday inflammatory responses.

Rutin — Rutin is a naturally occurring plant flavonoid found in foods like buckwheat and citrus. It is best known for helping to strengthen capillary walls and reduce their tendency to leak, which supports healthy circulation. It also acts as a free-radical scavenger and has been studied for its potential to support normal blood-clotting processes.

Lemon — Lemon brings its own natural vitamin C along with a family of citrus flavonoids — including eriocitrin and hesperidin — that work together with ascorbic acid to boost antioxidant activity. Research shows that citrus extract combined with vitamin C can protect fats in the blood from oxidation more effectively than vitamin C alone, making lemon a smart companion ingredient.

Cherry — Tart cherry is packed with anthocyanins, the deep-red pigments that give it its color and much of its health value. These compounds help the body defend against oxidative stress and support a balanced inflammatory response. Studies in athletes show tart cherry can support recovery after exercise, and research also points to benefits for healthy blood pressure and joint comfort.

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 contractions, nerve signaling, and many other daily functions. Including calcium here helps round out the formula's overall support for structural health and everyday body maintenance.

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