

Vitamin C-Komplex

Content

40 Piece / Tablets
PZN 4023328
RRP 12,90 €

Recommended intake

1 tablet / day

without

artificial flavorings, artificial conservation, artificial colorants, genetic engineering

free of

granulated sugar, sorbitol, lactose, gluten, yeast, peanut oil, soya protein/lecithin, gelatine

Protective complex for the blood vessels.

In addition to vitamin C, Burgerstein Vitamin C Komplex also contains numerous bioactive plant substances that synergistically complement the diverse influences of vitamin C on the immune system, bones, teeth, gums, iron absorption, energy metabolism, etc.

What Vitamin C Komplex contains in addition:

30 mg rose hip powder | 100 mg lemon bioflavonoid complex | 50 mg rutin | 50 mg hesperidin complex.

The body is not able to build up vitamin C depots and, unlike many other mammals, cannot produce vitamin C itself. Therefore, vitamin C is an essential vitamin. The body absorbs as much vitamin C as it needs and excretes excess vitamin C again.

The product is suitable for vegans and vegetarians.

Vitamin C-Komplex supports...

- ... the organism for a powerful immune system
- ... with 240 mg vitamin C

Rose hip powder, rutin, a bioflavonide complex from Japanese cordwood and a hesperidin complex together contribute to normal collagen formation and normal blood vessel function

- ... for healthy gums
- ... for healthy skin and bones
- ... to cover an increased vitamin C requirement (e.g. smokers)
- ... for the regeneration of used vitamin E
- ... improvement of iron absorption

Causes of a vitamin C disorder

With vitamin C there are also factors that can disrupt the balance of this vitamin - here are some examples:

- Older people, especially those with chronic illnesses and inflammation
- Periods of extra need, such as during growth, pregnancy and lactation
- Taking medication (contraceptives, cortisone preparations, proton-pump inhibitors)
- Smokers

General information

Fruits and vegetables contain large amounts of vitamin C. If fruit is eaten daily, the normal requirement is well covered. Cooking greatly reduces the content, as vitamin C is water-soluble and oxidizes easily. Hot lemon or cooked vegetables quickly lose their vitamin C content. The reason: Vitamin C is not heat-resistant and is quickly destroyed at hot temperatures, this process already starts at about 40 degrees. Cereals, meat and dairy products contain little vitamin C.



Nutritional values	Per daily portion (1 tablet)	NRV*
Vitamin C	240,00 mg	300%

*NRV = reference amount for daily intake according to the EU Food Information Regulation (LMIV)