

Vitamin C 1000mg time-release

time-release

Content
60 Piece / Tablets
PZN 3988443
RRP 31,90 €

Recommended intake
1 tablet / day

without
artificial flavorings, artificial conservation, artificial colorants, genetic engineering

free of
gelatine, gluten, yeast, granulated sugar, artificial sweeteners, lactose, sugar substitutes

The "High C" for the whole day.

Burgerstein Vitamin C time-release is characterized by a slow release of the active ingredient (over several hours). The acerola and rose hip fruit powder contained in Burgerstein Vitamin C has an abundance of natural vitamin C.

The tablet must not be divided to achieve the time-release (depot function) effect!

The body is not able to create 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 1000mg supports...

- ... a normal function of the immune system
- ... the absorption of iron
- ... a normal function of the nervous system
- ... protect the cells from oxidative stress
- ... a normal energy metabolism
- ... the reduction of tiredness and fatigue
- ... the regeneration of the reduced form of vitamin E
- ... normal collagen formation

The (water-soluble) **vitamin C**, also called ascorbic acid, is probably the best known of all vitamins. It is mainly found in fresh vegetables, is involved in many metabolic processes and protects the cells from aggressive oxygen compounds (free radicals). Among other things, it also depends on gender how much vitamin C one needs per day. Other factors also influence the vitamin C requirement, for example environmental, physical or psychological stress and diseases, but also intensive sporting activity. The daily vitamin C requirement can also be increased during breastfeeding. Vitamin C is a recognized promoter of iron absorption. It converts plant-based, trivalent iron into the bivalent form and thus makes it more available.

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



Nutritional values	Per daily portion (1 tablet)	NRV*
Vitamin C	1.000,00 mg	1250%

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

Ingredients: Vitamin C (L-ascorbic acid), acerola fruit powder, microcrystalline cellulose, stearic acid, rose hip powder, magnesium salts from fatty acids, coating (hydroxy propyl methyl cellulose, maltodextrin, propylene glycol).

Additional information: Food supplements are not a substitute for a balanced nutrition. A balanced nutrition and a healthy lifestyle are important. Do not exceed the recommended daily dose. Store out of the reach of small children and at room temperature - please follow the corresponding package instructions. | RRP: Recommended Retail Price.

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