

Liposomal Vitamin C

For improved absorption & tolerance



Key Benefits

- » Enhanced absorption and bioavailability for better nutrient uptake
- » Strong antioxidant support to protect cells from oxidative stress
- » Boosts immune function and helps defend against illness
- » Supports collagen production for healthy skin, joints, and connective tissues.

Liposomal Vitamin C offers a highly effective way to enhance your daily intake of this essential nutrient. Utilising advanced liposomal technology the vitamin C molecules are encapsulated within lipid-based vesicles. This significantly improves absorption and bioavailability compared to traditional forms and ensures that a higher concentration of vitamin C is delivered directly into the bloodstream and utilised by the body. Known for its potent antioxidant properties, vitamin C helps protect cells from oxidative damage, supports immune function, and aids in collagen synthesis for healthy skin, joints, and connective tissues. The liposomal formulation also reduces gastrointestinal discomfort often associated with high doses of vitamin C, making it suitable for individuals with sensitive stomachs. Available in a convenient liquid form, this supplement offers an easy and efficient way to support overall health and well-being, ensuring consistent and effective vitamin C delivery throughout the day.

Nutritional Information

Serving size: 1 teaspoon (5 ml)	Servings per container: 30	
	per serving	% NRV*
Vitamin C (as sodium ascorbate, ascorbic acid)	1000 mg	1250
Sodium (as sodium ascorbate)	125 mg	5
Natural (non-hydrogenated) Phosphatidylcholine Inositol	400 mg	†

* Nutrient Reference Value. † NRV not yet established.

Ingredients:

Purified water, natural flavours, vitamin C (as sodium ascorbate, ascorbic acid), natural (non-hydrogenated) phosphatidylcholine complex, sodium (as sodium ascorbate), potassium sorbate

Chronic Inflammation

Collagen & Cartilage Degradation

Wound Healing & Tissue Repair

Oxidative Stress

Endothelial Dysfunction

Recurrent Infections

Glutathione Depletion

Clinical Application

Vitamin C neutralises free radicals and reactive oxygen species (ROS) through its electron-donating properties, protecting cells from oxidative damage. This is useful in managing conditions associated with oxidative stress, such as chronic inflammatory diseases, cardiovascular diseases etc. It also enhances the function of various immune cells, including phagocytes, T-cells, and natural killer cells, and promotes the production of interferons which boosts the immune response, reducing the severity and duration of colds and infections. It can be particularly beneficial during flu season or for individuals with compromised immune systems.

In regards to skin health, vitamin C promotes the synthesis of collagen and elastin, contributing to skin repair and regeneration, as well as improving skin texture and tone. One of the less known facets of vitamin C is its anti-inflammatory effects, as vitamin C reduces the production of pro-inflammatory cytokines and inhibits the activation of nuclear factor-kappa B (NF- κ B), a key regulator of inflammation.

Potential Benefits

- Liposomal encapsulation improves the absorption of vitamin C, allowing more of the nutrient to reach the bloodstream and cells compared to conventional forms
- Acts as a powerful antioxidant, neutralizing free radicals and reducing oxidative stress, which helps protect cells from oxidative damage and supports overall cellular health
- Boosts the immune system by enhancing the function of immune cells and increasing the body's ability to defend against infections and illnesses
- Supports the production and absorption of collagen, an essential protein for maintaining healthy skin, joints, and connective tissues, promoting skin elasticity and joint health
- Contributes to the repair and regeneration of skin tissues, improving skin tone and texture

- Helps reduce inflammation in the body, which can alleviate symptoms associated with inflammatory conditions and promote overall health
- The liposomal form of vitamin C is less likely to cause gastrointestinal upset, making it suitable for those with sensitive digestive systems
- Contributes to the health of blood vessels and supports cardiovascular function by aiding in the maintenance of healthy blood pressure and potentially reducing the risk of heart disease
- Vitamin C contributes to normal collagen formation for the normal function of bones, cartilage, teeth, gums, skin and blood vessels. Vitamin C increases iron absorption.

Directions for Use

Take one teaspoon (5 ml) daily, or as directed by your healthcare practitioner. Gently shake before use. Mix into 30 ml of juice or water as a palatable way to ingest.

Allergens & Cautions

- Contains no known allergens
- Suitable for vegetarians and vegans.

Combines well with
Collagen, Curcumin, Resveratrol