

# Rutin and Vitamin C 500mg

Plus Citrus Bioflavonoids

## Presentation

A yellow coated tablet.

### Each tablet delivers:

Vitamin C (as ascorbic acid)	500mg
Citrus Bioflavonoid Complex	158mg
providing:	
Hesperidin	50mg
Rutin	50mg

### Tableted with:

Cellulose, Hydroxypropyl Cellulose, Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin), Anti-caking Agents (Silicon Dioxide, Magnesium Stearate, Stearic Acid).

**Disintegration time:** Less than 1 hour.

**Suitable for vegetarians**  **and vegans** 

quantity  
90

type  
tablets

code  
8123



## Uses

Vitamin C, or ascorbic acid is needed for a healthy immune system, healthy bones, teeth and gums as well as helping to maintain normal blood fat and cholesterol levels. In addition to being an antioxidant in its own right, vitamin C facilitates the body in recycling other antioxidants.

Vitamin C and bioflavonoids occur naturally together in nature. One of the richest sources of this combination is found in the pulp and rind of citrus fruits and vegetables, whilst rutin is a flavonoid found in buckwheat.

Bioflavonoids are naturally occurring, organic plant pigments that appear to assist in the availability and use of vitamin C, and are particularly important in maintaining the structure of the blood vessels since they support collagen integrity. Some bioflavonoids have antioxidant capabilities rather like vitamin C, and have been shown in vitro to protect both vitamin C and adrenaline from oxidation by copper containing enzymes.

### Usage and administration

1 to 2 tablets daily.

### Allergen advice

None (see page 194).

### Cautions

None known at the recommended usage.

### Storage instructions

To be stored in a cool, dry place and protected from light.

### Legal category

Food supplement.

