



## Connective Tissue Health†

Vitamin C's role in collagen formation makes it vital to maintaining skin, capillary, gum, joint and skeletal health.<sup>17</sup> The antioxidant properties of vitamin C and its role in collagen synthesis make vitamin C vital to skin health. Keratinocytes have a high capacity for vitamin C transport, to compensate for limited blood flow to the epidermis.<sup>18,19</sup> Vitamin C's role in normal tissue repair and recovery may include promoting keratinocyte differentiation,<sup>20,21</sup> stimulating the formation of the epidermal barrier and re-establishing the stratum corneum, the outermost layer of the epidermis.<sup>22</sup> Higher intakes of dietary vitamin C have been correlated with a decreased risk of dry skin.<sup>23</sup>

## Directions

1 scoop (6.5 grams) in a glass of water and drink once per day or as recommended by your health care professional.

## Does Not Contain

Gluten, yeast, artificial colors and flavors.

## Cautions

If you are pregnant or nursing, consult your physician before taking this product.

Supplement Facts <sup>v5</sup>		
Serving Size 1 Scoop (6.5 Grams)		
Servings Per Container About 50		
	Amount Per Serving	% Daily Value
1 scoop contains		
Vitamin C (as Ascorbic Acid USP)	2,350 mg	2,611%
Calcium (as Calcium Carbonate USP)	350 mg	27%
Magnesium (as Magnesium Carbonate USP)	350 mg	83%
Potassium (as Potassium Gluconate USP)	99 mg	2%

ID# 140300 325 Grams (11.5 oz)

## References

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