



# Vitamin C 1000

Support for Healthy Immune Function\*

## Vitamin C 1000 Supplementation

NutriDyn's Vitamin C 1000 supplement is a powerful supporter of healthy immune system function and plays many vital roles throughout the human body. Vitamin C must be consumed as part of the diet or through supplementation, as the body cannot produce it endogenously. Recent data suggests that as many as 20% of adults in the U.S. are vitamin C deficient, and as few as 10% consume adequate vitamin C on a daily basis.\*<sup>1</sup>

Research demonstrates the importance of vitamin C as a key antioxidant in humans, with many roles throughout virtually every bodily system.\*

Benefits of supplementing with Vitamin C 1000 may include:

- Promotes healthy immune function\*
- Supports healthy oxidative stress\*
- Supports cognitive function\*
- Supports healthy neuronal processes\*
- Supports healthy cortisol balance\*
- Promotes healthy collagen synthesis\*

## How Vitamin C 1000 Works

Vitamin C has a vast range of biological roles in humans, working as a major antioxidant (electron donor). As such, vitamin C is crucial for supporting oxidative stress, energy production, and immune function.\*<sup>2</sup> It is also necessary for synthesizing key neurotransmitters (especially norepinephrine and dopamine) and supporting healthy liver function.\*<sup>3</sup>

Vitamin C is an essential nutrient required for the overall health and functionality of the immune system.\* Deficiencies result in susceptibility to infections by weakening the T-cell-mediated immune response and adaptive antibody response.\*<sup>4</sup> Research suggests that supplementation with vitamin C supports immune system function and redox integrity of cells.\*<sup>5</sup>

One study reported that college students who consumed supplemental vitamin C were 85% more likely to have healthy immune function as compared to students who did not take a vitamin C supplement.\*<sup>6</sup>

Research is continually uncovering the many other actions of vitamin C throughout the body. Findings thus far suggest that vitamin C is an integral micronutrient for neuronal differentiation and maturation, as studies have shown that supplemental vitamin C increases brain-derived neurotrophic factor (BDNF)—a peptide that supports healthy cell function.\*<sup>7</sup>



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## How Vitamin C 1000 Works Continued

Vitamin C also appears to promote healthy dopamine and norepinephrine levels by acting as a co-substrate.<sup>♦7,8,9</sup> Further evidence suggests that as little as 250 mg of vitamin C per day can support healthy cortisol levels, thereby supporting stress-related symptoms.<sup>♦7</sup>

Lastly, consuming adequate vitamin C helps promote collagen synthesis needed for healthy connective tissues, joints, skin, hair, and nails.<sup>♦10</sup>

# Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 100

	Amount Per Serving	%DV*
Vitamin C (as ascorbic acid)	1,000 mg	1,111%

Other Ingredients: Hypromellose, vegetable magnesium stearate, silica.

**Directions:** Take one capsule one to two times daily or as directed by your healthcare practitioner.

**Caution:** If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

### References:

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4. Wintergerst ES et al. *Ann Nutr Metab.* 2007;51:301-323.
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♦ These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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