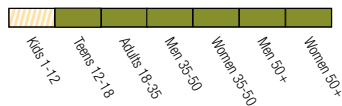




Poly C™



ITEM# 130
AUST L 137703

Poly C™ is a unique blend of mineral ascorbates—our secret for a vitamin C supplement—that provides higher levels of vitamin C in the blood than from equal amounts of ascorbic acid.¹

The Many Roles of Vitamin C

Vitamin C plays many important roles in the body. First, it is a cofactor or cosubstrate for many enzyme systems involved in such functions as collagen synthesis, ATP synthesis within mitochondria, and hormone biosynthesis.

Under normal conditions, the RDI of 30–40 mg per day meets the requirement for maintaining collagen, which is a major structural element of the body. But we also need vitamin C to quench free radicals and to prevent lipid oxidation, support healthy adrenal function, regenerate other antioxidants, and maintain immune function. A daily dose of 30–40 mg is, therefore, unlikely to be sufficient for everyone.²

Vitamin C for Good Health

In 1928 Albert Svent-Györgyi isolated a chemical that protected fruits against discoloration and infection when bruised. In 1937 he won a Nobel Prize for his discovery—the chemical substance we now know as vitamin C.

These days the buzzwords are “free radicals” and “antioxidants”, while this 1928 discovery and its impact on the body are rarely mentioned. USANA, however, realises the many benefits of vitamin C and its value in promoting good health.

Collagen and Vitamin C

Collagen is a structural protein essential for strengthening muscles, teeth, bones, skin, and blood vessels. Collagen is the most abundant protein in the body, and vitamin C is essential for collagen synthesis. Hence, without adequate vitamin C, there is inadequate collagen.

Vitamin C and Individual Needs

Since human bodies are incapable of manufacturing vitamin C, we must rely on our diet to satisfy our daily requirement. Vitamin C deficiency is rare today. Nevertheless, we may still not receive sufficient amounts for our individual health needs.^{3,4}

Everyone has different biochemistry and unique lifestyles. The amount of vitamin C needed daily for optimal performance is directly related to individual ingestion, absorption, utilisation, metabolism, excretion, work environment, and physical, mental, and environmental stress.

Why Poly C™?

Poly C is a balanced formulation of mineral ascorbates with vitamin C activity. By using a variety of ascorbates, USANA's Poly C is able to affect vitamin C levels in the body. An in-house clinical trial showed that when equal amounts of vitamin C were provided as either Poly C or ascorbate acid, the

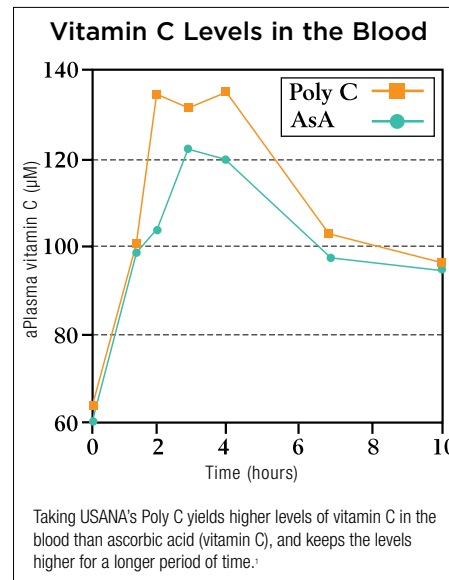
Poly C gave higher levels of vitamin C in blood serum and maintained those higher levels for a longer time.¹

Poly C is laboratory tested, potency guaranteed. Meets British Pharmacopoeia specifications for uniformity and disintegration.

Using Poly C™

Take two (2) to four (4) Poly C tablets daily, or as your personal needs require. Do not exceed four (4) tablets per day.

EACH TABLET CONTAINS:	
VITAMIN C (600 mg ASCORBIC ACID) FROM:	
CALCIUM ASCORBATE	376.1 mg
POTASSIUM ASCORBATE	255.7 mg
MAGNESIUM ASCORBATE	112.8 mg
ZINC ASCORBATE	7.5 mg
CITRUS BIOFLAVONOIDS EXTRACT (8.45 mg HESPERIDIN)	65 mg
RUTIN	7 mg
QUERCETIN	3 mg



References

1. Rabovsky a, Cuomo J, Clinical Research Bulletin, USANA Health Sciences, 2000. <http://www.usana.com/bin/3CRB.pdf>
2. Carr, AC and Frei, B. AmJ. Clin. Nutr. 1999; 69:1086–107.
3. Gale CR, Martyn CN, Winter PD, Cooper C. BMJ 1995 Jun 17;310 (6994):1563–6.
4. Enstrom JE, Kanim LE, Klein MA. Epidemiology 1992 May; 3(3):194–202.

Vitamin supplements should not replace a balanced diet.

USE ONLY AS DIRECTED. ALWAYS READ THE LABEL.

*IF SYMPTOMS PERSIST SEE YOUR HEALTH CARE PRACTITIONER.

NOT TO BE USED IN CHILDREN UNDER TWO YEARS OF AGE WITHOUT MEDICAL ADVICE.



Optimizers
Micronutrition

Poly C™

- An advanced vitamin C supplement based on USANA's proprietary blend of mineral ascorbates
- Provides 600 mg of vitamin C in each tablet for enhanced antioxidant protection
- Helps to relieve symptoms of colds*
- Vegetarian safe

