

Health Basics

- Vitamin C carries dual importance as the body's premier water-soluble antioxidant and as a coenzyme essential for the synthesis and health of connective tissues in the skin and throughout the body
- Supports development and maintenance of bones, cartilage, teeth, and gums
- Complements the USANA **Essentials™**, providing extra vitamin C during times of stress

Did You Know?

- **Poly C's** unique blend of mineral ascorbates provides superior bioavailability and prolonged vitamin C activity while reducing the potential of stomach irritation.



ITEM# 130

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.

*Vitamin C plays many important roles in the body, and because human bodies are incapable of manufacturing vitamin C, we must rely on our diet to satisfy our daily requirement. The amount of vitamin C needed daily for optimal performance is directly related to individual ingestion; absorption; utilization; metabolism; excretion; work environment; and physical, mental, and environmental stress. Everyone has different biochemistry and unique lifestyle. While vitamin C deficiency is rare today, we may still not receive sufficient amounts for our individual health needs.^{1,2} **Poly C®** provides optimal vitamin C protection with a unique blend of mineral ascorbates that provides higher levels of vitamin C in the blood than from equal amounts of ascorbic acid.*

The Many Roles of Vitamin C

Critical to good health, vitamin C supports many important functions in the body. First, it is essential for collagen synthesis. Collagen is the most abundant structural protein in the body and is essential for staying healthy and strengthening muscles, teeth, bones, skin, and blood vessels. Without adequate vitamin C, there is inadequate collagen.^{3,5,7}

Under normal conditions, the RDI of 60 mg per day meets the requirement for maintaining collagen. But we also need vitamin C to quench free radicals, prevent lipid oxidation, and regenerate other antioxidants.⁴

It is a co-factor or co-substrate for many enzyme systems involved in such functions as ATP synthesis within mitochondria and hormone biosynthesis.⁵ Vitamin C can help the body metabolize proteins and fats. It also helps support a healthy immune system.⁶ You also need enough vitamin C to make carnitine, interferon, and prostaglandin E1.⁶ Thus, a daily dose of 60 mg is unlikely to be sufficient for everyone.⁷ One tablet of **Poly C** provides 600 mg of vitamin C protection.

Why Poly C®?

Exclusive to USANA, **Poly C** is a balanced formulation of mineral ascorbates with vitamin C activity. By using a variety of ascorbates, USANA is able to affect the way the body maintains vitamin C levels. An in-house clinical trial showed that when equal amounts of vitamin C were provided as either **Poly C** or ascorbic acid, the **Poly C** gave higher levels of vitamin C in blood serum and maintained those higher levels for a longer time.

References

1. Gale CR, et al. BMJ 1995;31(6994):1563-6.
2. Enstrom JE, et al. Epidemiology 1992;3(3):194-202.
3. Murad S, et al. Proc Natl Acad Sci 1981;78(5):2879-82.
4. Harats D, et al. Atherosclerosis 1990;85(1):47-54.
5. Padh H. Nutr Rev 1991;49(3):65-70.
6. Englard S, Seifter S. Annu Rev Nutr 1986;6:365-406.
7. Carr AC, Frei B. Am J Clin Nutr 1999;69:1086-107.



- Cardiovascular
- Cellular Metabolic
- Skeleton/Structural
- Endocrine
- Brain/Nervous
- Digestive

RECOMMENDED USE: PROVIDES ANTIOXIDANTS FOR THE MAINTENANCE OF GOOD HEALTH. / **USAGE RECOMMANDE :** ASSURE DES ANTIOXYDANTS POUR PRÉSERVER UNE BONNE SANTÉ.

RECOMMENDED ADULT DOSE: / TAKE TWO (2) TABLETS DAILY. / **DOSE RECOMMANDEE POUR ADULTES :** PRENDRE DEUX (2) COMPRIMÉS PAR JOUR.

EACH TABLET CONTAINS:		CHAQUE COMPRIMÉ CONTIENT :
MEDICINAL INGREDIENTS:		INGRÉDIENTS MÉDICINAUX :
VITAMIN C (CALCIUM, POTASSIUM, MAGNESIUM, ZINC ASCORBATES)	600 mg	VITAMINE C (ASCORBATES DE CALCIUM, POTASSIUM, MAGNESIUM ET ZINC)
CITRUS BIOFLAVONOIDS (CITRUS SPP. L., FRUIT)	65 mg	BIOFLAVONOÏDES D'AGRUMES (CITRUS SUPP. L. FRUIT)
RUTIN	7 mg	RUTINE
QUERCETIN	3 mg	QUERCÉTINE

NON-MEDICINAL INGREDIENTS: MICROCRYSTALLINE CELLULOSE, PREGELATINIZED STARCH, ASCORBYL PALMITATE, DEXTRIN, COLLOIDAL SILICON DIOXIDE, DEXTROSE, SOY LECITHIN, CROSCARMELLESE SODIUM. / **INGRÉDIENTS NON MÉDICINAUX :** CELLULOSE MICROCRISTALLINE, AMIDON PRÉGÉLATINISÉ, PALMITATE D'ASCORBYLE, DEXTRINE, DIOXYDE DE SILICIUM COLLOÏDAL, DEXTROSE, LÉCITHINE DE SOYA, CROSCARMELLESE SODIQUE.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY AND DISINTEGRATION WHERE APPLICABLE. / CE PRODUIT EST TESTÉ EN LABORATOIRE ET SA QUALITÉ EST GARANTIE. CONFORME AUX NORMES USP EN MATIÈRE DE PUISSANCE, D'HOMOGENÉITÉ ET DE DESINTEGRATION, LE CAS ÉCHÉANT.

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