



Forze della Natura™



Vitamins

Vitamin C

Supplement Facts:

- Vitamin C as ascorbic acid

Background:

Vitamin C or ascorbic acid is a white, crystalline, water-soluble substance found in abundance in citrus fruits, which is an essential nutrient for human health. Vitamin C plays a key role in at least 8 enzymatic reactions, i.e. protects tissues from oxidative stress, feeds collagen formation in the body, promotes absorption of iron, while preventing its oxidation, increases glutathione levels in human lymphocytes which is an essential cofactor in boosting the immune system especially in instances of increased physical and mental stress. Because humans do not manufacture Vitamin C internally, it must be obtained through dietary sources. **Vitamin C** by **Forze Della Natura™** contains the correct and well substantiated dosage of Vitamin C which is enough to replenish your daily need of this critical compound.

Key Features:

- Promotes and supports immune system health;
- Replenishes energy;
- Alleviates effects of physical and mental stresses on the body;
- Protects cells from free radical damage;
- Participates in collagen formation.