

# Nutra C

1000 mg *Max*

Dietary Supplement

Ingredient	Per capsule	NRV*
Vitamin C	1000 mg	1250%

\*NRV= nutrient reference values

**Ingredients:** L-ascorbic acid (vitamin C); hydroxypropyl methylcellulose; anti-caking agent: magnesium salts of fatty acids; gelling agent: carrageenan; acidity regulator: potassium acetate; colours: titanium dioxide, sunset yellow.

The **Nutra C Max** capsules are recommended for adult people who want to increase the level of vitamin C in their bodies to provide optimum support for the immune system and general wellbeing. Vitamin C protects our cells from oxidative damage, maintains good energy levels and helps to reduce tiredness and fatigue.

**Vitamin C** is an important antioxidant that helps the body's acts as first defense against free radicals. Vitamin C is a cofactor of enzymes involved in the formation of collagen, the most abundant protein essential in the formation of bones, teeth, cartilage and skin.

Vitamin C is a part of the body's natural immune system; It stimulates the activity of antibodies and immune cells which inhibit foreign antigens such as bacteria and viruses that are harmful to the body.

**INDICATIONS:**

- Helps maintain a healthy immune system;
- Assists collagen formation, helping the normal function of cartilage, skin, bones and teeth.
- Provides antioxidant support.

**WARNING:**

Do not exceed the recommended daily dose.

Do not ingest if you are allergic to any of the ingredients.

This product is not intended to diagnose, treat, cure or prevent any disease.

Food supplements must not replace a varied, balanced diet and a healthy lifestyle.

**DIRECTIONS:**

Take 1 capsule daily, or as directed by a physician, with an adequate amount of water.

**STORAGE:**

Store in a cool and dry place at a temperature between 8°C – 25°C. Keep out of the reach of children. Keep away from sunlight exposure.

**PACKAGING:**

30 capsules (2 blisters of 15 capsules) with an enclosed leaflet in a carton box.



Marketing Authorization Holder & Manufacturer:  
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