

ASCORBA C

Most people associate Vitamin C with fighting colds, which it does, but its primary function is maintaining collagen, a protein necessary for the formation of connective tissue in skin, ligaments, and bones, about 80% of your skin is made from collagen. As people age, collagen degradation occurs, leading to wrinkles.

Vitamin C is better than any skin cream!

One fact most don't know: ***Vitamin C is made internally by almost ALL organisms EXCEPT humans!*** So, if you don't ingest it each day, you don't get any. An adult goat will manufacture up to 13,000 mg of vitamin C per day without eating anything and up to 50,000 mg under stress! Cats will make 8,000 mg and so on.

Vitamin C is a powerful antioxidant, acting to protect LDL cholesterol from oxidative damage. Only when LDL is damaged, does cholesterol appear to lead to heart disease and **Vitamin C may be the most important antioxidant protector of LDL.** This powerful antioxidant also helps minimize the effects of environmental pollution, such as carbon monoxide, cadmium, mercury, and lead poisoning. ***Take in the morning with the Starpacks (included in the packet) and at night with Ascorba C for the best protection.***

Vitamin C aids in the metabolism of the amino acids phenylalanine and tyrosine, both shown to be helpful in the maintenance of normal blood pressure and in certain forms of depression. It also aids in forming red blood cells and preventing hemorrhaging as well as fighting bacterial infections, and reduces allergy symptoms. Vitamin C helps with the absorption of iron so constipation does not occur.

So many other benefits that include fewer colds, healing wounds and burns, less formation of cataracts, next to no aortic aneurysms, **much less arthritic symptoms and pain**, as Vitamin C thins the synovial fluid, the lubrication fluid of joints, **plus** more active sex life, and an increased life span, all when optimum amounts are taken. Being water soluble, optimum amounts can be obtained safely and **research shows that the more Vitamin C taken the more the body will utilize.**

Fatigue, easy bruising, and bleeding gums are early signs of vitamin C deficiency as well as shortness of breath, impaired digestion, poor lactation, swollen or painful joints, nosebleeds, anemia, lowered resistance to infections and illness, and slow healing of wounds and fractures. A severe deficiency can result in scurvy which is fatal.

The need for Vitamin C increases with age due to a greater need to regenerate collagen. SMOKERS require a higher daily intake to maintain normal levels.

Since Vitamin C is absorbed and excreted quickly and is used up rapidly under stress, Nova provides a **timed-released** capsule thereby insuring a continual supply to the body. The **high-tech calcium and magnesium ascorbate form**, the most buffered kind, is used versus ascorbic acid that has little to no absorption and can have nausea side effects. **Ascorba C also contains bioflavonoids, rutin and hesperidin**, all found in the "complex", the way nature stores Vitamin C to assure the highest absorption and utilization.

Only Nova's ASCORBA C contains Alfalfa, Bee Pollen and Chlorophyll. Alfalfa contains 8 essential enzymes, is helpful in treating stomach ailments, gas pains and helps harmful cholesterol leave the body. Bee Pollen has been found to enhance vitality, bring about a longer life and stimulate the glands. Chlorophyll's chemical content is very similar to our blood's chemical content, it's the best body tonic! Try Nova's ASCORBA C at night, when your body rejuvenates, when you want your thyroid, pituitary, adrenals and thymus glands to be stimulated and do their job. Many say they sleep better and wake up more rested.

For optimal health take ASCORBA C in the morning and at night.