

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 healthy cardiovascular function, vision, and immune function*
- 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.*



In 1928, Albert Szent-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 a 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} The Poly C® supplement 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 RDA of 75–90 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 retain cardiovascular health by supporting healthy adrenal function and healthy arterial wall integrity.⁶ And, vitamin C helps support a healthy immune system, which is responsible for defending your body against millions of bacteria, microbes, viruses, toxins, and parasites every day.⁷ You also need enough vitamin C to protect the liver from environmental toxins and drug metabolites and to make carnitine, interferon, and prostaglandin E1.⁷ Thus, a daily dose of 75–90 mg is unlikely to be sufficient for everyone.⁸ 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. Patak P, et al. Endocr Res 2004;30(4):871–5.
7. Englard S, Seifter S. Annu Rev Nutr 1986;6:365–406.
8. Carr AC, Frei B. Am J Clin Nutr 1999;69:1086–107.



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

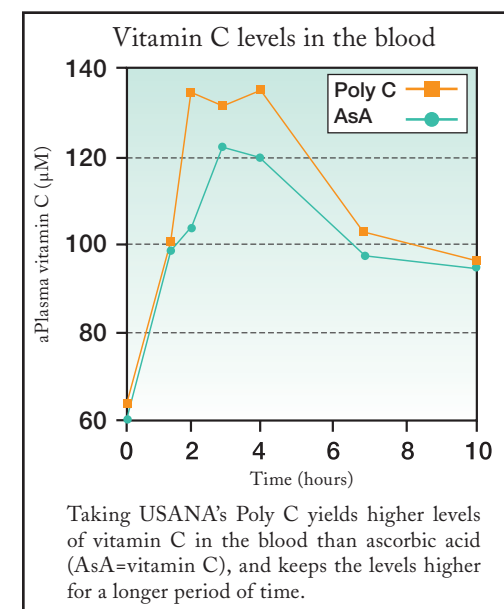
DIRECTIONS: TAKE TWO (2) TABLETS DAILY, OR AS YOUR PERSONAL NEEDS REQUIRE.

Supplement Facts		
Serving Size 2 Tablets		
	AMOUNT PER SERVING	%DV*
VITAMIN C (AS CALCIUM, POTASSIUM, MAGNESIUM AND ZINC ASCORBATES)	1,200 mg	2,000%
CITRUS BIOFLAVONOIDS (CITRUS SPP. L.) (FRUIT)	130 mg	†
RUTIN	14 mg	†
QUERCETIN	6 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, PREGELATINIZED STARCH, ASCORBYL PALMITATE, HYDROXYPROPYL METHYLCELLULOSE, COLLOIDAL SILICON DIOXIDE.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.