



ANNIQUE
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BOOST YOUR IMMUNITY

WITH OUR NEW VITAMIN C TABLETS



VITAMIN C BENEFITS:

Vitamin C has always been linked to immune support, and also:

- Contributes to iron absorption from plant-based foods
- Contributes to maintain the normal function of the immune system during and after intense physical stress
- Helps to metabolise fats and proteins
- Helps in the development and maintenance of bones, cartilage, teeth and gums by supporting collagen formation in the body
- Contributes to the normal function of blood vessels
- Helps in wound healing



WHY WE SHOULD SUPPLEMENT WITH VITAMIN C DAILY:

- Vitamin C is water soluble which means that it gets flushed out of the body
- The human body itself can't produce it, so intake through diet is necessary
- We don't get enough through foods and fruits, so supplementation is key
- Some medications, like aspirin, oral contraceptives, and corticosteroids, may interfere with absorption

The suggested adult intake on buffered Vitamin C is minimum of 500mg and up to 1000mg per day. If you suffer from colds and flus the intake can be increased with help of your healthcare practitioner.



PEOPLE AT RISK OF VITAMIN C DEFICIENCY:

- Smokers and those with poor diets: Smoking and inadequate consumption of vitamin C-rich fruits and vegetables can deplete the body's vitamin C levels.
- Those with challenged digestive systems: Conditions like Crohn's disease or celiac disease hinder proper vitamin C absorption, as does undergoing dialysis.
- Elderly: Age-related changes may reduce vitamin C intake and absorption efficiency.
- Regular alcohol drinkers: Excessive alcohol consumption interferes with vitamin C absorption and utilization.
- People with certain chronic diseases: Conditions like diabetes or certain cancers may increase vitamin C requirements or elevate the risk of deficiency.



VITAMIN C 30 TABLETS

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DID YOU KNOW?

Not all forms of vitamin C are created equal. Most vitamin C supplements contain ascorbic acid which is super effective but can cause stomach discomfort for many because of its high levels of acidity. Calcium ascorbate has a lower acidity and is therefore gentler on the digestive system.

ASCORBIC ACID

Purest form of vitamin C, but is a relatively strong acid, which can cause stomach discomfort



DIFFERENCES

CALCIUM ASCORBATE

Buffered form of vitamin C, meaning it is combined with calcium to make it less acidic, which is then gentler on your stomach

Added Benefit - Calcium is an essential mineral for bone health, muscle function and nerve transmission.

NEW FORMULA (Vitamin C Tablets)

Raw material / component name	Quantity per tablet (mg)
Calcium Ascorbate (Buffered Vitamin C)	500mg
Green Rooibos Extract	10mg

VALUE R 169,00



DIFFERENCES

OLD FORMULATION (OptiC):

Raw material / component name	Quantity per tablet (mg)
Calcium Ascorbate	300mg
Selenium	0,4mg
Zinc	12,5mg
Green Rooibos Extract	10mg

VALUE R 239,00

Standard line
LSFHE23010

Why have we removed the selenium and zinc from the formulation? To pack the tablet with the much-needed daily recommended dosage of buffered Vitamin C and make it available to you at a more affordable price. If you still need a supplement with Selenium and Zinc, you can get these minerals in the OptiVite, OptiDerm and OptiBoost.

DIRECTIONS OF USE:

Adults:

Take 1 to 2 in the morning with breakfast

Kids:

4-8 years old: Take 1 in the morning with breakfast

9+ years: Take 1 to 2 in the morning with breakfast

Suitable for pregnant and breastfeeding women. Please consult with your health care practitioner before use.

IDEAL SUPPLEMENT COMBINATION TO BUILD YOUR IMMUNITY IN WINTER:

Immune Boosting & Anti-viral Mix

- Vitamin C
- Vitamin D3 & K2
- Zinc

This combination of vitamins are the basic building blocks of an immune system. They are seen as the gold standard of fighting of viruses outside of scheduled

PERFECT PAIR

- Vitamin C
- Iron

Vitamin C is crucial for optimal absorption of iron. Iron is very important in the regulating of thyroid hormone from the thyroid gland which affects metabolism.

