

# Liposomal Vitamin C

*Multi-role antioxidant nutrient with superior absorption and delivery*

Liposomal Vitamin C provides this indispensable nutrient formulated with liposomal technology for optimal absorption and bioavailability. Each 5 mL serving (approximately 1 teaspoon) of this lemon flavored formula provides 1000 mg vitamin C, as sodium ascorbate, along with 130 mg sodium, which helps facilitate absorption of vitamin C.

Immune system support immediately comes to mind when we think of vitamin C, but this nutrient has a host of roles in various tissues and systems beyond bolstering immune defenses. Vitamin C is a cofactor for enzymes involved in the synthesis of serotonin and norepinephrine. As such, adequate vitamin C levels may help individuals maintain a positive mental outlook and mount a healthy response to normal, everyday stress. It's also required for the synthesis of some of the hormones generated by the adrenal glands, and may be why vitamin C has long been recognized as helping to support adrenal function. In fact, the adrenal glands contain one of the highest concentrations of vitamin C in the body, underscoring that this nutrient is needed for far more than antioxidant effects.

Vitamin C is required for healthy collagen synthesis. Collagen is a primary structural protein in connective tissues, such as bones, tendons and ligaments, as well as in hair, skin and nails. Blood vessels are also made largely of collagen, which accounts for the crucial role of vitamin C in cardiovascular health, and explains why occasional easy bruising and bleeding are signs that vitamin C levels may be less than optimal—think back to your high school biology textbook referring to bleeding gums as a classic sign of scurvy.

Finally, vitamin C's antioxidant function is a hallmark of this nutrient. Vitamin C is a potent neutralizer of free radicals and helps to recycle other antioxidants, including vitamin E and glutathione. It is important to make sure the body has sufficient antioxidant nutrients in order to mount a proper defense against our everyday encounters with free radicals.

## What are Liposomes?

Liposomes are spheres made of phospholipids—the same primary building blocks of cell membranes. Owing to this structure, liposomes bond easily with cell membranes to deliver their nutrient cargo (in this case, vitamin C). Liposomes are extremely tiny particles, which allows for fast absorption in the body, starting in the mouth.

## Why Liposomal Vitamin C?

At certain doses, vitamin C administered orally can sometimes lead to diarrhea and other forms of GI discomfort. Intravenous vitamin C is an effective alternative, but this option is inconvenient and impractical for some individuals. Liposomal Vitamin C is an excellent solution to these obstacles. Liposomal delivery provides a well-tolerated, easily absorbed and highly bioavailable form of vitamin C without any unpleasant side-effects.

## How to Take

- As a dietary supplement, take 5 mL (approx. 1 teaspoon), or as directed by your health care practitioner.
- Since the very small size of the liposome particles allows for some absorption to take place right away, it is recommended to hold the product in the mouth for 30 seconds before swallowing.

## Benefits of Liposomal Technology

- ✓ Rapid uptake, starting in the mouth
- ✓ Effective, efficient absorption in the body
- ✓ Longer circulation in the body for effective nutrient delivery



\*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.

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