

Everyone knows the importance of good nutrition and the role supplementation plays in better health and wellness.

However, so many products today make so many claims that you need to exercise your mind before you make the right choices for your body.

**you
decide!**

Vitamin C is vitamin C. Right? WRONG!

Nature packaged vitamin C (known scientifically as “ascorbic acid”) along with a host of other food factors that work in conjunction with each other. In nature, vitamin C is never found alone; it is, in fact, always found with other important compounds.

When you are shopping for a vitamin C supplement, you want to look for one that contains not only vitamin C, from a natural source, but also rutin, hesperidin, and bio-flavonoids. Citrus fruits — oranges, grapefruit, lemons, and limes — are excellent sources of vitamin C, and they contain bioflavonoids and other factors that work together to improve vitamin C’s bioavailability. A vitamin C supplement should mimic citrus foods and also contain juice, vitamin C, flavedo, mesocarp, endocarp, protopectins, bio-flavonoids such as rutin and hesperidin for antioxidant protection, and other natural factors that support optimum bioavailability of vitamin C — virtually everything except the water!

Nature provides the perfect blueprint of delivering vitamin C. A supplement should match that blueprint.

Do you want just vitamin C, or would you like the health benefits from all the compounds found in citrus foods?

You decide!



Features and Benefits:	GNLD Vitamin C Products	Herbalife Extreme C Chewables	Shaklee Sustained Release Vita-C	Shaklee Chewable Vita-C	Nature's Sunshine Vitamin C Time-Release	Nature's Sunshine Vitamin C Chewable
Neo-Plex Concentrate (Vitamin C, Orange Juice Powder, Orange Peel, Citrus Bioflavonoid)	Yes	No	No	No	No	No
Rutin	Yes	No	No	No	No	No
Hesperidin	Yes	No	No	No	No	No
Lemon Bio-flavonoids	Yes	Yes	No	No	No	No
Acerola Cherry	Yes	No	No	No	No	No
Rose Hips	Yes	No	No	No	No	No
Exclusive Threshold Control Formula	Yes	No	“Sustained Release”	No	“Time-Release”	No
Percentage of “yes” answers	100%	14%	14%	0%	14%	0%