

Vita C

DuoLife VITA C - a 100% natural, complete vitamin C that meets the needs of people searching for a product improving mood and adequately supplementing deficiencies of vitamins and minerals in the body. Concentrated dose of energy.



When?

Everyone should constantly take vitamin C in their food because, like any typical vitamin, it is not produced by the human body. Its deficiency may contribute to immunosuppression, energy loss and many diseases. The first symptoms of vitamin C deficiency include: rapid fatigue, lack of appetite, tendency to bruise, bleeding gums, joint and muscle pains.

In the period of increased demand for vitamin C, i.e. in the autumn and winter season, which is conducive to colds, as well as in states of weakness - in the course of viral infections and in the period of convalescence, it is worthwhile to increase the supply of this valuable vitamin through appropriate supplementation.

How?

The best choice is natural vitamin C in liquid form - Duo-Life VITA C, containing not only natural L-ascorbic acid, but also its valuable natural „biological background“, which includes bioflavonoids, carotenoids, plant enzymes, zinc, magnesium, vitamins B2 and B6. In this form, in its natural complex environment, vitamin C is better absorbed and more effective¹. Thanks to this, DuoLife VITA C helps improve the mood and provides energy.



DuoLife Vita C – usage:

25-50 ml/day; 25 ml = 363,50 mg vitamin C (454% NRV*)



Ingredients: rosehip fruit juice, acerola fruit juice made of acerola fruit puree, acerola fruit extract with a standardized 50% vitamin C content, CamuCamu berry extract.

The table below shows the recommended intake standards for vitamin C for different age groups.

Age	Recommended daily consumption (NRV*) ²
Infants (0-12 months)	20 mg
Children (1-9 years)	40-50 mg
Children (10-12 years)	50 mg
Children (13-18 years)	65-75 mg
Women above 19 years	75 mg
Men above 19 years of age	90 mg



Pregnant women

80-85 mg

Breastfeeding women

115-120 mg

*NRV – reference daily intake for an average adult (8400 kJ/2000 kcal)

Why use vitamin C? Its effect is multidirectional and very important for the good condition of the body!

- ▶ Vitamin C supports the functions of the immune system: it can protect against colds and shorten the duration of infection^{3,5}.
- ▶ It is a strong antioxidant (it protects against free oxygen radicals, preventing cell destruction caused by oxidative stress)⁴.
- ▶ It is essential in the production of collagen, supporting the functioning of joints, blood vessels, gums, skin and teeth^{2,5}.
- ▶ It supports the absorption of iron from the digestive tract^{5,6}.
- ▶ An appropriate amount of vitamin C in the body accelerates the regeneration after exercise, lowers the level of cortisol and supports the processes of fat burning during exercise⁷.
- ▶ It prevents heart disease and atherosclerosis⁸, regulates lipid management (cholesterol level)⁹.
- ▶ Supports the functions of the nervous system: takes part in the synthesis of norepinephrine and serotonin¹⁰.

What makes DuoLife Vita C different?

- ▶ **Liquid form**, i.e. the form closest to that in which vitamin C occurs in nature, facilitating its release and absorption into the bloodstream, increased absorption translates into a more efficient distribution to the place of action (beneficial effect on LADME** processes).
- ▶ **The product is preserved using IHHP™ by DuoLife** – (Innovation High Hydrostatic Process™ by DuoLife), a method based on the concept of „minimal processing“. The advantage of the method is high health quality and durability and preservation of the natural nutritional and sensory qualities, compared to products preserved by classical methods. The technological process employed is conducted at a low temperature (to protect active ingredients) and is based on the principle of synergy of multiple fixatives, allowing to maintain the highest quality of the product without using preservatives.
- ▶ **100% natural ingredients and 100% of their content in the preparation** - DuoLife Vita C is a composition of extracts and juices from fruits naturally rich in vitamin C, which are at the same time its full biological background, guaranteeing high assimilability and effectiveness.
- ▶ **Formulation prepared in consideration of the principles of synergy and antagonism.**
- ▶ **The product DOES NOT contain preservatives, flavour stabilisers and is GMO FREE** - the raw materials used to develop the supplement are NOT DERIVED from genetically modified plants.
- ▶ **The product is GLUTEN-FREE** - can be used by people with gluten intolerance.
- ▶ **Special bottle from pharmaceutical-grade glass** - the dark glass protects against light and temperature fluctuations, and is resistant to release to the formulation of mineral substances from its inner surface.
- ▶ **Concentrated formula** - convenient application: only once a day.
- ▶ **Umbrella brand** - the effect of the liquid form is complemented by a cosmetic with a high naturalness index from the DuoLife Beauty Care line - HAND CREAM, improving the condition of the skin, smoothing, moisturizing and protecting.

The references for DuoLife Liquid Form Vita C can be found on a separate binder sheet.

**LADME – is an English abbreviation describing processes to which an active substance is subjected in the body: release from the preparation form -> absorption into a bloodstream -> distribution in the body -> metabolism -> excretion

References

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9. Jacques, P. F. (1992). Effects of vitamin C on high-density lipoprotein cholesterol and blood pressure. *Journal of the American College of Nutrition*, 11(2), 139-144.
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