



## Forever® Absorbent-C®

Daily vitamin C has long been associated with good health. Science now provides us with a whole list of benefits derived from this most famous of all vitamins:

- It is a powerful antioxidant, forming part of the body's defense system against the harmful effects of free radicals.
- It is a beneficial supplement for the skin, as it supports the formation of intercellular collagen
- It is necessary for the maintenance of healthy connective tissue.

Vitamin C is water soluble, and is secreted from the body. Since humans are among the few animals that are unable to make their own vitamin C, we must therefore get it from our food, drinks, and supplements, such as Forever® Absorbent-C®.

The need for adequate levels of vitamin C is very evident. Science reports that one cigarette destroys 25mg of vitamin C. Stress, medication and environmental factors all heavily deplete the body of this vitamin. A deficiency can result in broken capillaries and bleeding gums.

Absorbent-C with Oat Bran is an outstanding nutritional supplement. It combines two vital nutrients into one convenient product. The bonded

matrix composition, is a unique delivery system combining 500 mg of oat bran with the full 60 mg of Vitamin C in each tablet.

A daily intake of Absorbent-C is highly recommended for good health.

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100 tablets (each containing 60mg of vitamin C)

### SUGGESTED USE

One tablet three times daily as a dietary supplement.



### Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	% Daily Value for Children under 4 Years of age	% Daily Value for Adults and Children 4 or more Years of Age
Calories	5	
Total Carbohydrate	1g †	<1%*
Vitamin C	60mg 150%	100%

\* Percent Daily Values are based on a 2,000 calorie diet †

† Daily Value not established

- Oat bran aids absorption of vitamin C
- Powerful antioxidant
- Promotes healthy skin

### INGREDIENTS

Natural Oat Bran, Sorbitol Powder, Honey, Ascorbic Acid, Stearic Acid, Natural Orange Flavor, Citrus Bioflavonoids, Papaya Fruit Powder and Silica



PRODUCT #048

*The statements contained herein have not been evaluated by the FDA. The products discussed are not intended to diagnose, mitigate, treat, cure or prevent a specific disease or class of diseases. You should consult your family physician if you are experiencing a medical problem.*