



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.

To ensure that the full 60mg of vitamin C in each tablet is effectively absorbed, we've combined it with 500 mg of oat bran, a highly soluble dietary

fiber. Research shows that soluble fiber can also help maintain healthy cholesterol levels in the bloodstream.

Absorbent-C with Oat Bran is an outstanding nutritional supplement. It combines two vital nutrients into one convenient product. The bonded matrix composition, developed through a unique process, is an effective delivery system enabling the body to absorb the full 60 mg of vitamin C from each tablet. A daily intake of Absorbent-C is highly recommended for good health.

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

INGREDIENTS

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

CONTENTS

100 tablets (each containing 60mg of vitamin C)

SUGGESTED USE

One tablet three times daily as a dietary supplement.



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



PRODUCT #048