

“C” YOUR WAY TO NATURAL HEALTH

Vitamins are organic substances required in the diet of humans and animals for normal growth, health and reproduction. Needed only in small amounts, these are compounds you **MUST** obtain, either through diet or supplements.

Ascorbic acid, also known as Vitamin C is necessary for wound healing. It is needed for many bodily functions including helping the body use carbs, fats and protein. Vitamin C has become popular because of its role as an antioxidant, a chemical that prevents the oxidation of other chemicals. Antioxidants work against the molecules that form free radicals by destroying them before they can begin the chain reaction that leads to oxidative damage.

There are many direct benefits realized by the body's intake of Vitamin C. It is important in forming collagen, a protein that gives structure to bones, cartilage and muscles. It makes small blood vessels less fragile and helps reduce bruising. Vitamin C also makes your urine more acidic, which decreases urinary pH and the likelihood of urinary tract infections. It also aids in the absorption of iron.

Studies have shown that people who eat foods high in this vitamin have lower rates of cancer and heart disease, reduced risk of cataracts, reduced asthma symptoms and lower blood pressure. Another study showed that some people experience fewer colds, with fewer days duration and milder symptoms. Progressive improvement in sperm production and characteristics have also been documented.

Since no bodily organ stores ascorbate as a primary function, the body soon depletes itself of Vitamin C if fresh supplies do not continue to arrive through the digestive system. This will eventually lead to death if

unresolved. It is water soluble, which means that your body uses what it needs and eliminates the excess out of the body. Vitamin C is the most easily destroyed vitamin, as it is destroyed by oxygen and heat above 70°. Because it is water soluble, boiling vegetables leaches the vitamin into the cooking water. Cast iron and copper pans are said to destroy Vitamin C, also.

What foods contain Vitamin C?



Strawberries (1 cup, sliced)	95 mg
Papaya (1 cup, cubes)	85 mg
Kiwi (1 medium)	75 mg
Orange (1 medium)	70 mg
Orange juice (1/2 cup)	50 mg
Cantaloupe (1/4 medium)	60 mg
Mango (1 cup, sliced)	45 mg
Grapefruit (1/2 medium)	40 mg
Grapefruit juice (1/2 cup)	35 mg
Pepper, red or green (1/2 cup)	Raw 65 mg Cooked 50 mg
Broccoli (1/2 cup, cooked)	60 mg
Kale (1 cup, cooked)	55 mg
Brussels sprouts (1/2 cup, cooked)	50 mg
Snow peas (1/2 cup, cooked)	Fresh 40 mg Frozen 20 mg
Potato (1 medium, baked)	25 mg

Source: U.S. Department of Agriculture

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Sources of Vitamin C

Good sources of Vitamin C are: citrus fruits, tomatoes, white and sweet potatoes, berries, and fresh green and yellow vegetables. Frozen, reconstituted orange juice has 78% of the Vitamin C of fresh squeezed, and canned orange juice has 69%.

Vitamin C Requirements

Some conditions may increase Vitamin C requirements. These are: AIDS, alcoholism, cancer, prolonged diarrhea, fever, or stress, burns, infection, intestinal diseases, hyperthyroidism, stomach ulcers and tuberculosis. Pregnant women also have a higher recommended daily requirement. The RDA for the average person is 60mg daily.

Electrolytic C

1st Choice Electrolytic C is an excellent source for this essential vitamin. It is held in a base of bioflavonoids and dulse (minerals in citric acid and ascorbic acid complexes.) No sugar, extenders or preservatives – 1st Choice is nature, nothing added. Each ½ teaspoon supplies 100% of the RDA of Vitamin C. This quality supplement absorbs quickly and easily providing optimum utilization in the body.





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A CLOSER LOOK AT

FREE RADICALS & ANTIOXIDANTS

The **BAD** News

“Free Radicals” may not sound like such a bad thing, but they are highly reactive, likely to take part in chemical reactions that are actually very damaging to the body. One of these chemical reactions is oxidation, which describes the loss of an electron from a molecule. An electron is a subatomic particle that determines how atoms interact with each other. Oxidation causes them to then try to steal or donate an electron to a neighboring molecule, which creates a new free radical that seeks out another molecule. A chain reaction is set in motion, potentially damaging hundreds of molecules.



Free Radicals are produced under certain environmental conditions and during normal cellular function in the body. When natural enzyme controls fail, free radicals in the body attack lipids, proteins and nucleic acid. Free radicals can even degrade materials such as rubber, gasoline and lubricating oils.

The **GOOD** News

Antioxidants are chemicals that prevent the oxidation of other chemicals in the body. Antioxidants can “mop up” free radicals before they damage other essential molecules – the body’s own cells. They can take the form of enzymes in the body. Antioxidants are routinely added to metals, oils, foodstuff

and other materials to prevent free radical damage. They work within the body, neutralizing the tissue damaging effects of the substances known as free radicals.

As mentioned in the previous article, Vitamin C is a powerful antioxidant, as well as Vitamins A, E and selenium. Oxygen is also important, as it acts as a free electron donor,



stopping the domino effect free radicals can set in motion. Natural Choice Products offers many formulas beneficial to the prevention of free radicals. Our **Electrolytic C** formula, as well as our **Vitamin/Mineral Enzyme Supplement** are potent sources of antioxidants. **Stabilized Oxygen**, with its many benefits is also a wonderful inhibitor of the free radical process. To hear more about its benefits, read on.



Vitamin/Mineral Enzyme 100 count:
\$22.00

For more information about these products and our entire line of nutritional supplements, please visit our website at www.1inhealth.com or call our customer service desk at 1-800-626-5143.



Breathe Easy

With Natural Choice Products Oxygen Technology Formulas



Oxygen, which makes up the 2nd largest component of the atmosphere, is necessary to support life. In fact, oxygen deficiency can cause a lot of disorders and health problems. When the body is deprived of oxygen, the immune system is weakened. In fact, research shows that lack of adequate oxygen can be the *single greatest* cause of disease.

Oxygen is a powerful free radical scavenger. Stress – whether caused by infections, toxic chemicals, emotions or physical trauma results in an increase of free radicals. However, oxygen acts as a free electron donor, repairing tissue on contact at the cellular level. It is also a major hindrance to infectious bacteria, parasites, microbes and viruses. It enhances nutrient absorption and increases waste metabolism.

Studies show that we receive only about 1/2 the oxygen required for our bodies to experience optimal health. This is partly because as toxins contaminate the air, they replace oxygen. Normally, air contains 21% oxygen. In polluted environmental conditions, however, that percentage can vary greatly. As water is also a beneficial source of oxygen, those who do not drink the recommended 8 glasses of water have less ability to oxygenate their bodies. A great amount of the water we receive actually comes from our food. Cooking and processing our food actually reduces its oxygen content as well as the naturally occurring enzymes that would help to metabolize the nutrients within.



Natural Choice Products offers several formulas that utilize oxygen technology: **G2o2 Oxygen Capsules**, with ginseng and ginkgo, **Liquid Stabilized Oxygen**, which remains inactive until added to a liquid carrier such as water or juice, and our **Cognizyme**, a formula ideal for energy and elimination of free radicals. If you would like to increase immune function, energy production, detoxification and overall health, call **NCP today and find out more! Call our Customer Service Department at (800) 626-5143.**



Did You Know?



Burns, whether from the sun or other sources do massive damage to the top layers of our skin. Hundreds of amino acids must link together for your body to repair tissue damage and to regularly replace the billions of cells already in our bodies. Amino acids need a constant supply of oxygen – the source of their building energy. Natural Choice Products Oxy-Gem Cream provides the highest quality, strongest and most stable oxygen now on the market. For burns, apply as often as possible to experience rapid skin repair – you will be amazed how fast your skin will rebound!

