



Vitamin C

BENEFITS:

Vitamin C has many benefits including:

Supports your immune system, helps prevent and shorten duration of colds and promotes heart health. Strong bones and teeth, healthy gums, eye health, especially the lens of the eye. Necessary for the production of collagen needed for structure of skin, bones, blood vessels & other tissues, aids wound healing and supports overall good health. Diets rich in Vitamin C are linked to increased longevity and decreased risks for cancer, stroke, atherosclerosis and cataracts. Also involved in hormone synthesis and/or release from adrenal glands – part of the body’s response to stress. It is necessary for iron absorption, transport and storage. Vitamin C has antihistamine properties so it is great for allergies.

More than half of us do not consume the Recommended Daily Allowance each day.

WHY GNLD ALL C?

Food-sourced vitamin C from corn and related food factors from oranges, lemons and grapefruit, rose hips and acerola cherries.

Contains exclusive Neo-Plex concentrate helps your body better absorb and utilize Vitamin C. This unique blend of whole citrus fruits provides virtually all the nutritional elements found in whole oranges, minus the water; these include juice, rind and pulp factors.

HOW

TO

TAKE:

Chew 3-5 tablets daily. Vitamin C is water soluble and should be taken throughout the day.

Each tablet = 4 tree ripened oranges – everything except the water.

Excellent for Children – tastes great!!

TESTIMONY:

I fractured my thumb playing football when I was 16 and played for the Mustangs of the City of Mississauga. When I went to emergency, I had a soft cast on my thumb and was told I **would not be able to play football for 4 – 6 weeks**. A few days later I went to my family doctor to see if he could get a hard cast to protect my thumb and to get the doctor’s opinion about playing again. The doctor said “definitely not!” but he would refer me to a specialist. I had to wait 8 days to get to see the specialist and, when he looked at my thumb, he took the cast off and said



my thumb was perfectly fine, and as long as it was wrapped, I could play football. I continued to play football and during the healing period I just increased my Salmon Oil, All C with bioflavonoids and Calcium. I am still amazed at how quickly I healed and I am grateful to the GNLD which keeps me healthy.

Dave Vandenbrink, Mississauga