

- Supplies advanced vitamin C blend of mineral ascorbates
- Provides enhanced antioxidant protection
- Promotes overall good health



ITEM# 130

In 1928, Albert Szent-Györgyi isolated a chemical that protected fruits against discoloration and infection when bruised. In 1937, he won a Nobel Prize for his discovery—the chemical substance we now know as vitamin C.

Vitamin C plays many important roles in the body, and because human bodies are incapable of manufacturing vitamin C, we must rely on our diet to satisfy our daily requirement. The amount of vitamin C needed daily for optimal performance is directly related to individual ingestion; absorption; utilization; metabolism; excretion; work environment; and physical, mental, and environmental stress. Everyone has different biochemistry and unique lifestyle. While vitamin C deficiency is rare today, we may still not receive sufficient amounts for our individual health needs.^{1,2} POLY C® provides optimal vitamin C protection with a unique blend of mineral ascorbates that provides higher levels of vitamin C in the blood than from equal amounts of ascorbic acid.

THE MANY ROLES OF VITAMIN C

Critical to good health, vitamin C supports many important functions in the body. First, it is essential for collagen synthesis. Collagen is the most abundant structural protein in the body and is essential for staying healthy and strengthening muscles, teeth, bones, skin, and blood vessels. Without adequate vitamin C, there is inadequate collagen.^{3,5,7}

Under normal conditions, the RDI of 60 mg per day meets the requirement for maintaining collagen. But we also need vitamin C to quench free radicals, prevent lipid oxidation, and regenerate other antioxidants.⁴

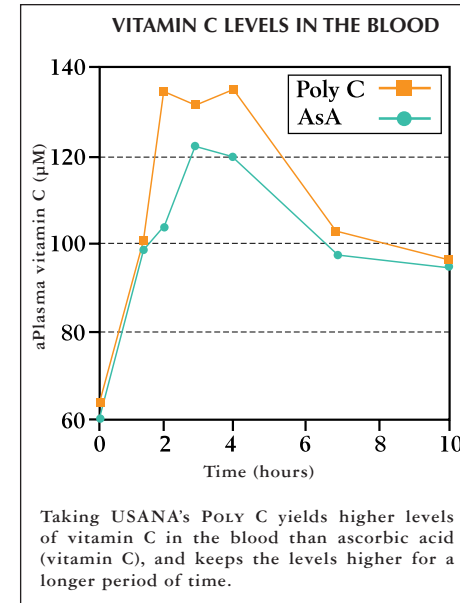
It is a co-factor or co-substrate for many enzyme systems involved in such functions as ATP synthesis within mitochondria and hormone biosynthesis.⁵ Vitamin C can help retain cardiovascular health by supporting healthy adrenal function and healthy arterial wall integrity.⁶ It also helps support a healthy immune system.⁷ You also need enough vitamin C to protect the liver from environmental toxins and drug metabolites and to make carnitine, interferon, and prostaglandin E1.⁷ Thus, a daily dose of 60 mg is unlikely to be sufficient for everyone.⁸ One tablet of POLY C provides 600 mg of vitamin C protection.

WHY POLY C®?

Exclusive to USANA, POLY C is a balanced formulation of mineral ascorbates with vitamin C activity. By using a variety of ascorbates, USANA is able to affect the way the body maintains vitamin C levels. An in-house clinical trial showed that when equal amounts of vitamin C were provided as either POLY C or ascorbic acid, the POLY C gave higher levels of vitamin C in blood serum and maintained those higher levels for a longer time.

References

1. Gale CR, et al. BMJ 1995;31(6994):1563-6.
2. Enstrom JE, et al. Epidemiology 1992;3(3):194-202.
3. Murad S, et al. Proc Natl Acad Sci 1981;78(5):2879-82.
4. Harats D, et al. Atherosclerosis 1990;85(1):47-54.
5. Padh H. Nutr Rev 1991;49(3):65-70.
6. Patlak P, et al. Endocr Res 2004;30(4):871-5.
7. Englard S, Seifter S. Annu Rev Nutr 1988;6:365-406.
8. Carr AC, Frei B. Am J Clin Nutr 1999;69:1086-107.



Taking USANA's POLY C yields higher levels of vitamin C in the blood than ascorbic acid (vitamin C), and keeps the levels higher for a longer period of time.

RECOMMENDED ADULT DOSE: TAKE ONE (1) TABLET TWICE DAILY FOR VITAMIN C REQUIREMENT. / **DOSE RECOMMANDÉE POUR ADULTES :** PRENDRE UN (1) COMPRIMÉ DEUX FOIS PAR JOUR COMME APPOINT DE VITAMINE C.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION WHERE APPLICABLE. / TESTÉ EN LABORATOIRE, QUALITÉ GARANTIE. CONFORME AUX NORMES USP EN MATIÈRE DE PUISSANCE, D'HOMOGENÉITÉ ET DE DÉSINTÉGRATION, LE CAS ÉCHÉANT.

EACH TABLET CONTAINS: VITAMIN C® - 600 mg (POLY C® - CALCIUM POTASSIUM, MAGNESIUM, AND ZINC ASCORBATES)

CHAQUE COMPRIMÉ CONTIENT : VITAMINE C (POLY C® - ASCORBATE DE CALCIUM, POTASSIUM, MAGNÉSIMUM ET ZINC)

NON-MEDICINAL INGREDIENTS: / INGRÉDIENTS NON MÉDICINAUX : MICROCRYSTALLINE CELLULOSE, CITRUS BIOFLAVONOIDS, PREGELATINIZED STARCH, ASCORBYL PALMITATE, HYDROXYPROPYL METHYLCELLULOSE, RUTIN, QUERCETIN, FUMED SILICA, / CELLULOSE MICROCRISTALLINE, BIOFLAVONOÏDES D'AGRUMES, AMIDON PREGÉLATINISÉ, PALMITATE D'ASCORBYLE, HYDROXYPROPYLMETHYLCELLULOSE, RUTINE, QUERCÉTINE, SILICE SUBLIMÉE.