

deficiency is rare today (especially for those taking the USANA ESSENTIALS™). Nevertheless, we may still not receive optimal amounts for our individual health needs.^{2,3}

Everyone has different biochemistry and unique lifestyles. 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.

WHY POLY C*?

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 ascorbate acid, the POLY C gave higher levels of vitamin C in blood serum, and

maintained those higher levels for a longer time. POLY C is laboratory tested, quality guaranteed. Meets USP specifications for potency, uniformity, and disintegration, where applicable.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

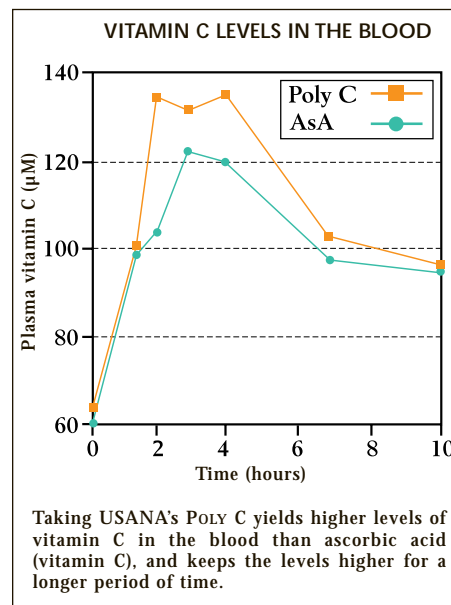
References
 1. Carr, AC and Frei, B. Am.J. Clin. Nutr. 1999. 69:1086-107.
 2. Gale CR, Martyn CN, Winter PD, Cooper C. BMJ 1995 Jun 17;310 (6994):1563-6.
 3. Enstrom JE, Kanim LE, Klein MA. Epidemiology 1992 May; 3(3):194-202.

Take four (4) POLY C tablets daily, or as your personal needs require.

Supplement Facts		
Serving Size 1 Tablet		
	AMOUNT PER TABLET	% DV*
VITAMIN C (AS CALCIUM, POTASSIUM, MAGNESIUM, AND ZINC ASCORBATES)	600 mg	1,000%
CITRUS BIOFLAVONOIDS (CITRUS SPP. L.)(FRUIT)	65 mg	†
RUTIN	7 mg	†
QUERCETIN	3 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.
 † Daily Value not established.

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POLY C®

- Furnishes an advanced vitamin C supplement based on USANA's proprietary blend of mineral ascorbates
- Provides 600 mg of vitamin C protection in each tablet for enhanced antioxidant protection
- Maintains a healthy immune system, supports the synthesis of collagen, and promotes cardiovascular health*

POLY C® provides optimal vitamin C protection. POLY C is a unique blend of mineral ascorbates—our secret for a vitamin C supplement—that provides higher levels of vitamin C in the blood than from equal amounts of ascorbic acid.

THE MANY ROLES OF VITAMIN C
 Vitamin C plays many important roles in the body. First, it is a cofactor or cosubstrate for eight separate enzyme systems involved in such functions as collagen synthesis, ATP synthesis within mitochondria, and hormone biosynthesis.*

Under normal conditions, the RDA of 75-90 mg per day meets the requirement for maintaining collagen, which is a major structural element of the body. But we also need vitamin C to quench free radicals and to prevent lipid oxidation, support healthy adrenal function, regenerate other antioxidants, maintain immune function, and promote healthy arterial wall integrity. A daily dose of 75-90 mg is, therefore, unlikely to be sufficient for everyone.^{1*}

VITAMIN C FOR GOOD HEALTH*
 In 1928 Albert Svent-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.

These days the buzzwords are “free radicals” and “antioxidants,” while this 1928 discovery and its impact on the body are rarely mentioned. USANA, however, realizes the many benefits of vitamin C and its value in promoting good health.

COLLAGEN AND VITAMIN C
 Collagen is a structural protein essential for strengthening muscles, teeth, bones, skin, and blood vessels. Collagen is the most abundant protein in the body, and vitamin C is essential for collagen synthesis.* Hence, without adequate vitamin C, there is inadequate collagen.

VITAMIN C AND INDIVIDUAL NEEDS
 Since human bodies are incapable of manufacturing vitamin C, we must rely on our diet to satisfy our daily requirement. Vitamin C