



— VEGETARIAN —

VITAMIN C COMPLEX

— GLUTEN FREE —

NATURALLY BUFFERED
8 Sources of Vitamin C *plus* Bioflavonoids

OFFERED IN TWO POTENCIES:
500 MG CAPSULES & 1000 MG TABLETS

With EIGHT superior forms of vitamin C plus high quality citrus bioflavonoids, PIONEER® Vitamin C Complex is perhaps the most comprehensive vitamin C formula ever devised.

Most animals on earth are able to synthesize their own supply of vitamin C, but humans must rely on dietary sources to obtain this key nutrient. An important antioxidant in lung and other tissues, vitamin C is required for a host of biochemical activities including collagen synthesis and wound healing.

CONSIDER THESE PIONEER® ADVANTAGES:

- 1. Eight Sources to Maximize Bioavailability.**
In the natural world, vitamin C is found in many different forms, always accompanied by other compounds. While we can't reinvent nature's simple elegance, PIONEER® *Vitamin C Complex* comes close by providing *eight* different forms and sources of vitamin C. These include *five chelated mineral ascorbates, fat-soluble ascorbyl palmitate, Amla (Indian Gooseberry)* and *free form L-ascorbic acid*. Each form respects the natural metabolism of the body. Combined in a dietary supplement, they mirror, as much as possible, the broad array of natural vitamin C forms.
- 2. Researched Forms.** Every year, clinical journals publish hundreds of scientific studies examining the role of vitamin C in humans. Nearly all of this research suggests the powerful therapeutic effects of vitamin C, using the same forms found in PIONEER® *Vitamin C Complex*.
- 3. Mineral Polyascorbates For Better Absorption.** Chelated mineral ascorbates (polyascorbates) are produced through a natural water-reaction process using pure, USP-grade ascorbic acid and minerals. Such chelated vitamin C forms are more absorbable than the commonly used, unreacted dry mixes of ascorbic acid and minerals. Mineral ascorbates are non-acidic (pH neutral) and provide additional levels of needed minerals. The minerals PIONEER® includes – *calcium, magnesium, zinc, potassium & manganese* – work synergistically with vitamin C to offer beneficial and supportive therapeutic effects.

4. Ascorbyl Palmitate: Fat-Soluble Vitamin C.
Most vitamin C is water-soluble and cannot access the lipid or fat portions of cells and tissues. Fat-soluble *ascorbyl palmitate* is both recognized by and has an affinity for these areas, notably cell membranes, where it functions to help protect against destabilizing free radicals.

5. Naturally Buffered, Gentle on Digestion.
Excessive amounts of pure ascorbic acid may cause an acid condition in the gut and lead to intestinal discomfort, gas and loose bowels. *Vitamin C Complex* is naturally buffered and pH balanced – approximately pH 5.7 (pure ascorbic acid is pH 3.5). Buffering helps to minimize digestive disturbance in most individuals.

6. Amla (Indian Gooseberry): Nature's Vitamin C.
Ayurveda, the ancient medical system of India, highly reveres *Amla* as an important general tonifying herb or *adaptogen*. Among the best natural sources of vitamin C, *Amla* also contains antioxidant tannins. PIONEER's 20:1 standardized extract represents one of the finest guaranteed potency *Amla* extracts available.

7. Highly Active, Certified Potency Bioflavonoids.
A natural extraction process from whole lemon fruit makes PIONEER's bioflavonoid complex among the most potent and pure available. Many other brands use diluted bioflavonoid mixes (sometimes only 1-10% flavonoids) or citrus pulp, with no assurance of potency unless stated on the label. Our high quality complex provides 50% bioflavonoids (typically including *hesperidin and other flavonones, flavonols, flavones and related phenolic compounds*) plus beneficial *citrus fiber*.

Serving size 1 tablet or 2 capsules		
Bottles of 90 & 180 veg. capsules (500 mg) 60 & 120 tablets (1000 mg)	AMOUNT PER SERVING	%DV
Vitamin C		
(44% as calcium ascorbate, 29% as magnesium ascorbate, 21% as potassium ascorbate, 2% as zinc ascorbate, 2% as ascorbic acid, 1.4 % as ascorbyl palmitate, 0.6% as manganese ascorbate)		
	1000 mg	.1667%
Calcium (ascorbate)	50.5 mg	.5%
Magnesium (ascorbate)	38 mg	.10%
Zinc (ascorbate)	4 mg	.27%
Manganese (ascorbate)	1.2 mg	.60%
Potassium (ascorbate)	48 mg	.1%
Amla <i>Phyllanthus emblica</i> Fruit Extract (standardized to 20 mg [40%] tannins, 1 mg [2%] vitamin C)		
	50 mg	*
Citrus Bioflavonoid Complex		
(100 mg [50%] bioflavonoids)	200 mg	*

* Daily Value (DV) not established.
Other ingredients: TABLETS - Cellulose, silica, vegetable stearic acid; CAPSULES - vegetarian capsule (cellulose), cellulose, vegetable magnesium stearate, silica. 1.08

Note: Some ingredient details may be abbreviated on actual product labels.

For more information or to request additional copies:
800.247.6505
www.pioneer nutritional.com

