

TASTY C

WITH MINERAL ASCORBATES AND ANTIOXIDANTS

*A comprehensive vitamin C formula with
bioflavonoids, mineral ascorbates and
phytonutrients*

General Description

Tasty C is a flavoursome oral vitamin C powder blended with mineral ascorbates, bioflavonoids and plant phytonutrients from *Vitis vinifera* (grape seed) and *Camellia sinensis* (green tea) - in combination with vitamin E, beta-carotene and zinc.

Product Highlights

When therapeutic levels of vitamin C are required - a balanced high potency formula is essential. Tasty C is a flavoursome oral powder with a complete profile of mineral ascorbates and powerful antioxidants. The bioflavonoids hesperidin and rutin enhance vitamin C action and increase bioavailability. Vitamin A & E with zinc extend antioxidant activity. Plant polyphenols from grape seed and green tea provide additional vasoprotective and circulatory benefits.

Tasty C has a delicious refreshing flavour, making it acceptable to children and those with a sweeter palate. Each metric teaspoon contains 1.504.9 grams of ascorbic acid, which offers a substantial daily dose of vitamin C. It supplies a powerful range of anti-oxidant nutrients in a versatile powdered form. It is an ideal delivery system for the elderly, or anyone who may have difficulty swallowing tablets.

Active Ingredients

Each level 5 mL metric spoonful (approx. 4g) of powder contains:

Ascorbic Acid	1000 mg
Sodium Ascorbate	281.2 mg
Equiv. Ascorbic Acid	250 mg
Calcium Ascorbate	132 mg
Equiv. Ascorbic Acid	109.6 mg



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Equiv. Calcium	12.14 mg
Magnesium Ascorbate	100 mg
Equiv. Ascorbic Acid	88.9 mg
Equiv. Magnesium	6.2 mg
Potassium Ascorbate	80 mg
Equiv. Ascorbic Acid	56.4 mg
Equiv. Potassium	12.56 mg
d-Alpha Tocopheryl acid Succinate	66.0 mg
Equiv. Vitamin E	80 IU
Rutin	46 mg
Zinc Amino acid chelate	14.6 mg
Equiv. Zinc	2.9 mg
Betacarotene	1.5mg
Hesperidin	200mg
<i>Vitis vinifera</i> (grape) seed dry	600mg
<i>Camellia sinensis</i> (green tea) leaf dry	120mg

Dosage

Recommended Adult dose:

Half (1/2) to one (1) level 5 mL metric teaspoon (equivalent to about 2-4 g powder) to be taken once daily with food, or as directed by a Health Care Professional. Mix with fruit juice or sprinkle onto food. (When mixing with water, slightly warm water will release the beta-carotene colouring more effectively than cold water alone.)

Indications

To be taken as vitamin C therapy when the dietary intake is inadequate. Assists in the maintenance of general wellbeing. It is in powdered form for the benefit of those who may find it difficult to swallow tablets or capsules.

Possible Uses

The active ingredients in Tasty C, when appropriately prescribed, may assist patients suffering from the following conditions. This statement does not imply or make a claim for a cure for these disorders. The use of Tasty C should be based on published and relevant scientific and clinical data for each condition.

Allergies
Anti-oxidant
Arthritis
Bleeding gums
Common Cold
Visual weakness
Easy Bruising



Influenza
Immune Disorders
Slow wound healing
Poor light adaptation

Actions

- Anti-inflammatory
- Protects against ischaemic damage
- Anti-thrombotic
- Powerful anti-oxidant
- Prime free radical scavenger
- Anti-viral agent
- Immuno-modulator
- Anti-fungal agent
- Anti-bacterial agent
- Strengthens connective tissue
- Helps maintain the integrity and function of veins and capillaries
- For the management of pain, swelling and inflammation
- Reduces the severity and duration of colds, flu and respiratory infections
- Vitamin C is essential for the production of collagen and maintains existing collagen (by functioning as an essential cofactor for the conversion of lysine to hydroxylysine and for the conversion of proline to hydroxyproline)
- In this synergistic blend vitamin C improves the antioxidant activity of vitamin E and vitamin A to quench free radicals
- Vitamin C can moderate allergic reactions and inflammation (by inhibiting the release of histamine from mast cells)
- Vitamin C (2,500 mg per day) lowers the production of cortisol by the adrenal glands during periods of Stress.

Mineral ascorbate benefits

With the discovery of benefits to be gained from taking larger doses of ascorbic acid came unpleasant intestinal side effects. Ascorbic acid is, obviously, acidic. When it reaches the alkaline environment of the lower intestinal tract, it can cause inflammation of the intestinal tissue, gas, diarrhoea and discomfort. This acid rejection syndrome usually results from very large doses of vitamin C, and it can limit vitamin C's absorption.

Buffering vitamin C with a mineral moderates this rejection. Combining calcium, magnesium, sodium or potassium with ascorbic acid helps to improve

its delivery to the body while providing additional amounts of mineral nutrients.

Phytonutrients from grape seed and green tea

Plant compounds and antioxidants vitamins help maintain the integrity and function of veins and reduce capillary fragility. Blood vessels are subject to impairment due to many factors, the ageing process, stress and nutrient deficiencies being the primary contributors. By providing a rich supply of phytonutrients, either directly as part of the daily diet, or in the form of a supplement, these degenerative processes can be slowed or prevented.

Oligomers or polymers of catechin and epicatechin (condensed tannins) are present in the skin and seeds (in greater amounts) of grapes. These compounds are also denominated as procyanidins, OPC or oligomeric proanthocyanidins, leucoanthocyanins and condensed tannins. These substances have been found to have potent antioxidant activity, of special benefit to the circulatory system.

Oligomeric proanthocyanidins from grape seed extract has been shown to relax the endothelium and to counteract the vasoconstrictive action of adrenaline and noradrenaline, whilst inhibiting oxidation of low-density lipoprotein. Their usefulness in modifying blood lipid sub fractions, such as Low Density Lipoproteins and HDL, has seen them as important agents in the inhibition of vascular and cardiovascular disease processes. Aside from this role in delaying or inhibiting the pathogenesis of heart disease, these plant compounds are also valuable therapeutic agents in their own right, with a generalised affinity for the circulatory system, and the integrity of the vasculature in particular.

Vitis vinifera (grape seed) extract is also effective for vision improvement. In one study, improvement in visual performance after glare was significant in subjects receiving grape seed extract. Visual adaptation to dark conditions (low light environments) also improved with the use of grape seed extract.

A potent anti-oxidant, grape seed extract quenches superoxide free radicals, involved in numerous degenerative processes.



Camellia sinensis (green tea) contains four main polyphenols (catechins). These water-soluble compounds make up a subgroup of flavonoids commonly found in fruits and vegetables, coffee, chocolate, and wine. Catechins are powerful antioxidants. The catechins present in green tea include epigallocatechin-3 gallate (EGCG), epigallocatechin (EGC), and epicatechin-3 gallate (ECG). Of these, EGCG demonstrates the most potent anticancer activity. Similar to grape seed extract, the antioxidant activity of green tea quenches free radicals and reactive oxygen species that can damage DNA, cell membranes, and other cell components.

Adverse Effects

Vitamin C in very large doses may cause gastrointestinal hurry, flatulence and loose bowels. Most individuals can tolerate up to 4 grams per day without problems. The low acidity of Tasty C powder will allow many adults to tolerate up to 10 grams per day. Gastrointestinal disturbances can be reduced by increasing fluid intake or by reducing the dose of vitamin C.

There is no good evidence that vitamin C increases the risk of kidney stones, vitamin B12 deficiency or rebound scurvy on its withdrawal.

Complementary Considerations

- Avoid fats/oils damaged by heat (a potent generator of free radicals)
- Avoid trans fats
- Avoid drugs, tobacco and alcohol.
- Maintain high fluid intakes, for example, 20 grams of vitamin C per day should be accompanied with an intake of at least 4 litres of water or diluted juice.
- Do not cease high doses of vitamin C suddenly, wean down over a minimum of a two week period.

References

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