

Vitamin C supplements are not all the same

There are two groups of Vitamin C:

Water soluble vitamin C and **fat soluble** vitamin C.

Each one plays a different role in promoting health.

Unfortunately most Vitamin C products only contain water soluble vitamin C.

Why we need both forms of vitamin C:

The fat soluble ester form of vitamin C (**Ascorbyl Palmitate**) has been shown to better penetrate the cell membranes and cross the blood brain barrier to prevent cell damage, at the same time protecting vitamin E (a fat soluble vitamin) in cells from free radical damage. An added plus is that fat soluble vitamin C can be stored by the body. This means you require less vitamin C as it is not flushed out of the body as quickly as water soluble vitamin C. The water soluble vitamin C, **Calcium Ascorbate** has a buffering effect, which protects the stomach from vitamin C's natural acidifying tendency, while providing the body with its immediate requirements of vitamin C.

Comparison:

SOLAL Double Vitamin C™ vs leading vitamin C brands (per 1000mg daily dose):

	Rating	Imported health store brand	Leading local brand	SOLAL Double Vitamin C™
Calcium Ascorbate (water soluble-buffered)	Best-water soluble	1000mg	None	700mg
Ascorbyl Palmitate (fat soluble)	Best-fat soluble	None	None	300mg
Ascorbic Acid (water soluble-non buffered acid form)	Cheap-water soluble (highly acidic)	None	1000mg	None

Remember:

If the label does not say **Ascorbyl Palmitate** then it does not contain the fat soluble ester vitamin C and if the label only says Vitamin C it probably only contains the cheap non buffered ascorbic acid.

Why we need Vitamin C:

Vitamin C is necessary to form collagen in the bones, cartilage, blood vessels and helps in the absorption of iron. Vitamin C has also been associated with an improved immune system, heart health and is used for treating chronic fatigue syndrome. Vitamin C rejuvenates the skin by stimulating collagen growth and reduces wrinkles by improving skin texture.

You get the best of both worlds with

SOLAL Double Vitamin C™:

SOLAL Double Vitamin C™ supplies both the fat soluble ester Ascorbyl Palmitate and the buffered water soluble Calcium Ascorbate.

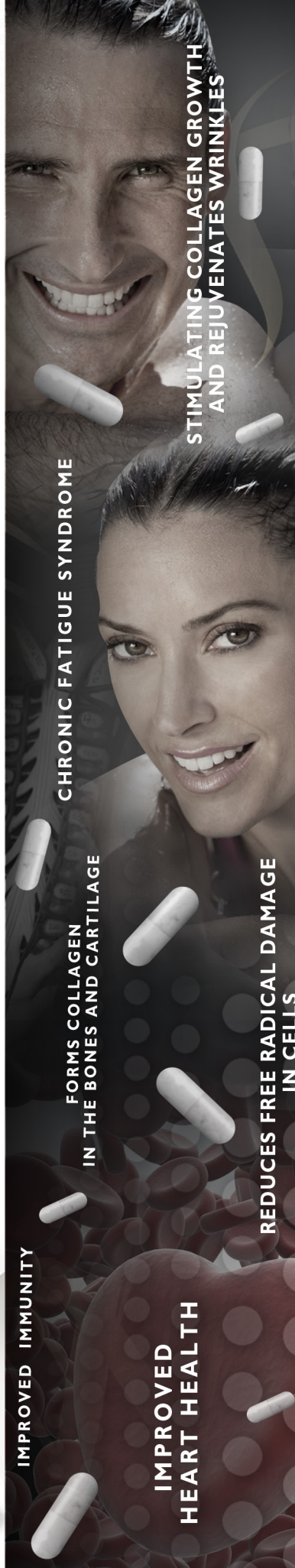
Directions:

Take 3 capsules daily, with or after meals.

ONLY SOLAL DOUBLE VITAMIN C™ CONTAINS WATER SOLUBLE VITAMIN C AND FAT SOLUBLE VITAMIN C



Double Vitamin C™



Available from Doctors, Leading Pharmacies, Dis-Chem Pharmacies, Health Stores or from SOLAL Technologies. Visit our website for free downloads, comprehensive product information, booklet guide and chart, price list and to watch a free online video on how to use nutraceutical supplements safely and effectively

The most useful health website in SA: www.solaltech.com

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