

# Absorbent-C

## Description and Purpose

Daily vitamin C has long been associated with good health - ever since the days that sailors discovered the importance of citrus fruits on long sea voyages. Science has now provided us with a list of other benefits derived from this most famous of all vitamins.

It is a powerful antioxidant, forming part of the body's defence system against the harmful effects of free radicals. Vitamin C is a beneficial supplement for the skin, as it increases the formulation of intercellular collagen. Vitamin C is necessary for the maintenance of healthy connective tissue.

Vitamin C is water-soluble - any excess is excreted from the body. Since humans are unable to make their own vitamin C, we must therefore get it from our food, drink and supplements.

The need for adequate levels of vitamin C is very evident. Science reports that one cigarette destroys 25mg of vitamin C. Stress, medication and environmental factors all deplete the body of vitamin C.

### At a glance...

- The oat bran helps aid absorption of Vitamin C
- Powerful antioxidant
- Maintains a healthy respiratory system
- Maintains healthy skin and joints
- Contains no sugar, preservatives, starch or artificial colourings



Oat bran is a soluble fibre found in unrefined oats. It acts like a sponge, absorbing water in the stomach and small intestine, slowing down the digestion process and giving a feeling of satisfaction. Research shows that soluble fibre can also help reduce cholesterol levels in the bloodstream.

There was much wisdom in mothers providing a bowl of porridge and a glass of orange juice for breakfast. Forever now makes it possible for everyone to have this combination any time they want. Absorbent-C with oat bran is an outstanding nutritional supplement. It combines two vital nutrients in one convenient product. The bonded matrix composition, developed through a patented process, is a unique delivery system enabling the body to absorb the full 60mg of vitamin C from each tablet. A daily intake of Absorbent-C is highly recommended for good health.

## Ingredients

Oat bran, sorbitol, honey, ascorbic acid (vitamin C), stearic acid, natural orange flavour, citrus bioflavonoids, papaya fruit, silica.

## Contents

100 tablets (each containing 60mg vitamin C).

## Suggested Use

Chew 1 tablet 3 times daily.



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