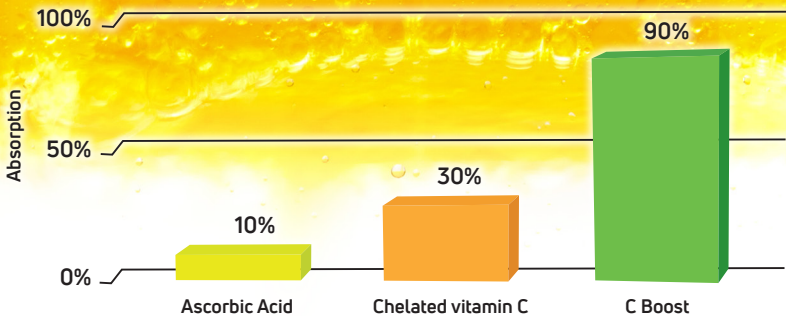




C Boost

EFFERVESCENT DRINK MIX

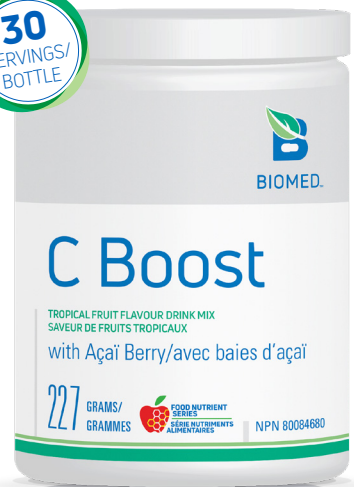
Tropical Fruit Flavour with Açai Berry



Vitamin C Absorption Comparison Chart

Quick and long acting compared to other forms of Vitamin C:

- ▶ Absorbs into the blood faster
- ▶ Stays in the blood longer
- ▶ Co-factors keep Vit C within the cells^{1,2}
- ▶ 148% more bioavailable³
- ▶ Enhanced absorption with effervescent solution



1 serving = 2 grams
100% of your daily vitamin C needs

C Boost

C Boost is a Food Nutrient formula designed for high bioavailability, assimilation and absorption. This unique form of vitamin C contains all nutrient coefficients (carbs, proteins, lipids, enzymes, glycol & lipoproteins, bioflavonoids, fatty acids and amino acids) to create a complete food matrix molecule, fully recognized and absorbed by the body as food. Studies show it is 148%^{1,2} more bioavailable than USP ascorbic acid.

Human studies show that the Food Nutrient vitamin C found in C Boost has higher plasma and RBC absorption than ascorbic acid alone³. This is backed by decades of clinical research by Dr. Albert Szent-Gyorgyi (1937 Nobel Prize for Medicine for the first isolate vitamin C and biological oxidation in the Kreb's Citric Acid Cycle) and Dr. Andy Szalay who created and perfected the Food Nutrient line of whole food matrix supplements.

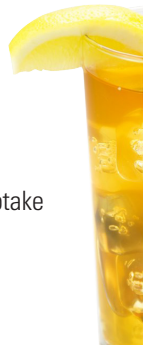
Effervescent food matrix
vitamin C enhanced with
sodium ascorbate for
maximum absorption

Why Use C Boost?

- ▶ Buffered and alkaline, with no stomach upset
- ▶ Does not acidify the urine or cause kidney stones
- ▶ Complete food matrix of all nutrient coefficients for vitamin C

Triple action to promote enhanced absorption:

- ▶ Effervescent solution
- ▶ Food matrix with vitamin C co-factors, body recognizes as food
- ▶ Added sodium ascorbate and potassium bicarbonate for cellular uptake through sodium-potassium pathways



Practitioners Use Vitamin C for:

- Healthy immune system, cold & flu
- Skin, wound healing, connective tissue & collagen production
- Constipation, bowel health
- Antioxidant for stress & anti-aging
- Cholesterol, vascular inflammation & cardiovascular health
- Osteoporosis, gout, arthritis
- Eye health, macular degeneration, cataracts
- Inflammation, allergies, asthma
- Mouth, gum & teeth health

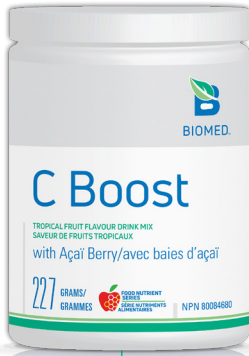
Clinical Pearls: Vitamin C Applications

by Harlan Lahti, B.Sc. Pharm, DNM

Condition	Benefit of Vitamin C	Recommended Dosage
Wound Healing	Collagen production and wound healing	2 scoops (3 tsp equal to 4 grams) twice daily
Constipation	Draws water into bowels, promote bowel movements and increases detox effects	1-2 scoops (1.5-3 tsp equal to 2-4 grams) mixed in fresh squeezed orange juice every two to four hours until desired effect, stay near washroom, may be taken to bowel tolerance
Post-Operative Healing	Improves wound healing times and protects the liver after anesthesia	After surgery, increases wound healing times 2 scoops (3 tsp equal to 4 grams) twice daily for two weeks
Support for Complications due to Diabetes	Helps with blood sugar control ⁵ and protects against renal and eye complications	2 scoops (3 tsp equal to 4 grams) twice daily for rest of life
Immune System, Cold & Flu	Take at first sign of symptoms. Bowel tolerance may increase during an acute infection, as vitamin C absorption into the blood will be enhanced due to the WBCs using it up very quickly.	2 scoops (3 tsp equal to 4 grams) at the first sign of symptoms or until bowel tolerance
Allergies and Inflammation	Increased vitamin C reduces histamine levels within the cells, reduces inflammation, and can help reduce dependency on steroids sprays.	1-2 scoops (1.5-3 tsp equal to 2-4 grams) twice daily, to min. 3-4 grams per day



C Boost



Medicinal ingredients: Each scoop (1.5 tsp) contains:
Vitamin C (Re-natured vitamin C, Sodium ascorbate) 2 g
Açai (*Euterpe oleracea*) 500 mg

Non-medicinal ingredients: Citric acid, potassium bicarbonate, malic acid, silicon dioxide, natural flavours (orange, mango, pineapple), stevia extract.

Recommended dose (adults): Mix 1 scoop (1.5 tsp) with 125 ml of water. Once per day.

Caution/warnings: Consult a health care practitioner prior to use if you are pregnant or breastfeeding.

Known adverse reactions: Hypersensitivity/allergy has been known to occur to Açai or plants of the Arecaceae family. In such a case, discontinue use.

NPN 80084680 • 227 grams



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5. Aikhami-Ardekani, M., Shojadodini-Ardekani, A. Effects of vitamin C on blood glucose, serum lipids & serum insulin in type 2 diabetes patients. Indian J Med Res. 2007 Nov; 126(5): 471-4.

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