

Ingredient Information

Each two Ideal C-Plus capsules contain:

- Vitamin C (Buffered/Ester-C®) 700 mg
- Bioflavonoid-Plus base (Proprietary) 200 mg

Including:

- Lemon & Citrus Bioflavonoids
- Proanthocyanidins
- Bilberry,
- Cranberry
- Schisandra
- Calcium Flavonate
- Glycoside
- Coenzyme Q-10.

Ideal C-Plus™

A Dietary Supplement

Product Overview

What do fish, flying mammals, songbirds, man, other primates, and the guinea pig have in common? None of us are able to make vitamin C in our bodies. Every other animal on earth can produce this vitamin as needed by simply altering the structure of the sugar molecule, glucose. For some reason, our little group is missing the critical enzyme that is needed in that process, so we are completely dependent on our diets for this all-important vitamin. Ideal C-Plus provides a potent source of two highly bioavailable forms of vitamin C, along with bioflavonoid cofactors to enhance effectiveness. For added potency, Ideal C-Plus also contains a combination of plant extracts known for their antioxidant properties plus Coenzyme Q10, a fat-soluble antioxidant.

Healthy Highlights

- Ideal C-Plus contains two complementary forms of vitamin C:
 - 1) Ester-C®-a patented form of vitamin C which is well-retained in the body after absorption and which has a neutral pH for minimal irritation to the intestinal tract.
 - 2) Buffered C-ascorbic acid complexes with the highest grade of minerals producing an acid-alkaline buffering action tolerated by even the most sensitive individuals.
- The Ideal Health proprietary Bioflavonoid-Plus base insures a synergistic blend of cofactors to enhance the utilization and effectiveness of vitamin C.
- As with every product offered by Ideal Health, the raw herbal materials in the base are organically grown in accordance with certification standards.

As Part of Your Plan

Animals that can make vitamin C manufacture the human equivalent of 2-4 grams of vitamin C per day in an unstressed state. Because of vitamin C's role in many vital functions and because of man's unique need to obtain this nutrient from an outside source, you may wish to add a supplemental source of vitamin C to your health program, during times of stress to compliment your Custom Essentials™ when necessary. Ideal C-Plus provides a highly effective blend of vitamin C and synergistic ingredients to enhance your dietary intake of this important nutrient.

Recommended Usage

Recommended Adult Use: Two (2) capsules per day, up to six per day as needed. As with all vitamin C products, tissue saturation may be achieved over time. If loose stools or diarrhea occurs, reduce daily intake until resolved.