



**MONTIFF, INC.**

*DON TYSON'S ADVANCED NUTRACEUTICALS*



## **PURE C PLUS**

**Vitamin C Plus Bioflavonoids in a Controlled Released Tablet**

**Vitamin C enhances the immune system, is important for cardiovascular health, helps produce collagen and is a powerful antioxidant preventing free radical damage.** Each controlled released tablet contains: Vitamin C (Ascorbic acid) 1000 mg., Citrus bioflavonoids 50 mg.

**DIRECTIONS:** Take 1 controlled released tablet per day with food or as needed. For increases antioxidant protection take with Montiff Co-Q10-Plus, Alpha Lipoic Acid Plus, Super E Plus , and/ or with Montiff Super Antioxidant Formula or Vita-Minz Plus. Glutathione powder is also available.

### **RECOMMENDED TO ENHANCE STRUCTURE & FUNCTION RELATING TO NUTRITIONAL NEEDS AND DEFICIENCIES PERTAINING TO:**

- Protection of DNA from free radical damage
- Anticarcinogenic properties, regenerating vitamin E and enhancing other antioxidants.
- Collagen synthesis and maintenance of connective tissue
- Stimulating the immune system
- Cardiovascular and neurological health
- Promoting wound healing
- Maintaining adrenals and ovaries, and preventing free radical damage to sperm
- Protecting against cataract formation
- Maintaining tissue growth and repair, including healthy gum tissue

### **WHAT IS VITAMIN C?**

Vitamin C is essential to the body and must be obtained through diet or supplementation. Some of the foods that contain Vitamin C are fruits and vegetables such as red peppers, broccoli, cranberries, cabbage, potatoes, tomatoes, strawberries and citrus fruits. Cigarette smoking causes a significant depletion of Vitamin C, and alcohol, antidepressants, analgesics, anticoagulants, steroids and contraceptives may also reduce Vitamin C levels. Those in poor health or under physical or emotional stress require higher doses of Vitamin C. Since it is a water soluble antioxidant, it can reach and protect the watery (or blood) portions of the cells, and what is not utilized will be excreted in the urine. Vitamin C works with Vitamin E, Co-Q 10, Alpha Lipoic Acid and Glutathione enhancing their effects and producing an antioxidant network with powerful protection against free radical damage. Some symptoms of Vitamin C deficiencies are: bleeding and spongy gums, bruises, poor wound healing, rough skin, painful joints, weakness and listlessness. Lack of this essential vitamin can lead to Scurvy, although this is currently rare in Western cultures.

### **ANTIOXIDANT PROPERTIES**

Vitamin C, as a water soluble molecule, can easily penetrate the inner parts of the cells to provide antioxidant protection, whereas other antioxidants protect only the cell membranes. It protects against nitrosamines, which are found in foods, such as bacon and other processed and smoked foods. Nitrosamines are cancer-causing chemicals, which are responsible for mouth, stomach and colon cancers. Since Vitamin C also protects sperm from free radical damage, supplementation is advised for men who are trying to conceive children. Along with Vitamin E, Co-Q 10, Alpha Lipoic Acid, and Glutathione, Vitamin C works synergistically to produce a powerful defensive system and "disarm" free radicals from attacking healthy tissue. When combined they enhance and strengthen antioxidant effects, including protection against UV radiation, which is the major factor in the aging of skin.

## **COLLAGEN PRODUCTION**

Vitamin C is necessary for collagen production, which is essential for ligament formation and healthy joints. It helps metabolize Lysine and Proline in the formation of this connective tissue. It is also necessary for the formation of blood vessels and is the protein, which forms the connective tissue in skin.

## **CARDIOVASCULAR HEALTH**

Vitamin C helps maintain strong capillaries and prevents the oxidation of lipoproteins, helping to lower cholesterol levels. A study at UCLA showed that men who took 300 mg. per day had a lower risk of heart disease than those taking only 49 mg. daily. In another study in 1997 at the U. of Maryland and reported in the N.E. Journal of Med., volunteers were given 1000 mg. of Vitamin C plus 800 IU of Vitamin E prior to a high-fat meal. Others were given high-fat meals without supplementation, while still others ate a low fat meal. High fat impairs endothelial cells from functioning properly, disrupting proper blood flow, which is an early sign of heart disease. Those who were pretreated with the vitamins had no negative blood flow impairment, as well as those on a low fat meal; however those without Vitamin C and E who ate a high-fat meal without this supplementation, measured negative blood flow for up to 4 hours.

## **IMMUNE SUPPORT**

This vitamin has antibacterial and antiviral properties and has been associated with suppressing viral genes including the rhinovirus, which causes colds. Studies have noted decreases in bronchitis, tonsillitis and other common respiratory infections in schoolchildren who have been supplemented with Vitamin C. Antioxidant expert, Lester Packer, Ph.D., Berkeley, theorizes that Vitamin C antioxidant properties may prevent viruses from activating, and the collagen production capabilities of the vitamin may build protective barriers preventing the viruses from entering the cells.

## **OTHER BENEFITS OF VITAMIN C**

- Wound healing and prevention of cataract formation.
- For diabetics, who tend to be deficient in vitamin C and more prone to heart disease. However those on medications such as chlorpropamide (Diabinese) should not take vitamin C, since it may interfere with the absorption of this drug.
- Gallbladder disease. Vitamin C may help prevent gallbladder disease as reported by Dr. J. Simon, U. of Cal., S.F., April 2000, Archives of Internal Medicine. It was noted that since Vitamin C regulates the conversion of cholesterol into bile acids, low levels of Vitamin C may be a risk for human gallbladder disease.
- Neurological health. Vitamin C is necessary for the metabolism of tyrosine, phenylalanine and tryptophan into neurotransmitters.

## **WHAT ARE THE BENEFITS OF A CONTROLLED RELEASED SYSTEM AND BIOFLAVONOIDS?**

- High single doses of Vitamin C will quickly cause the body to reach its saturation point and not accept anymore of this essential nutrient. The rest of the vitamin will be eliminated in the urine, without getting the full benefits of the dosage. Up to 90% of the dosage may be excreted. A time controlled Vitamin C system allows small amounts of Vitamin C to be released and utilized by the body over an extended period of time, allowing for more beneficial results of the vitamin. Controlled release also minimizes stomach irritation in sensitive individuals.
- Bioflavonoids, found primarily in Citrus fruits, are necessary for the proper function of Vitamin C.

## **REFERENCES**

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