



# Super C 500 mg

*Quest Super C 500 mg plus Bioflavonoids, Rutin and Rosehips is a unique vitamin C supplement. This powerful formula helps to protect all body tissues from damage by free radicals and toxins. Vitamin C plays an important role in the normal development and maintenance of bones, teeth, gums, cartilage, and skin. The additional bioflavonoids work synergistically with vitamin C to help maintain the structural health and permeability of capillaries, thus helping to prevent bleeding disorders, including spider veins, varicose veins, hemorrhages, and easy bruising.*



PRODUCT CODES: 338310 (120 tablets)  
338382 (180 tablets)

## HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
For individuals requiring supplemental vitamin C with additional antioxidants.	Tablets	Adults take 1 caplet daily, or as directed by health care practitioner.

## DESCRIPTION:

Each easy-to-swallow tablet of Quest Super C 500 mg plus Bioflavonoids, Rutin and Rosehips contains 500 mg of vitamin C (ascorbic acid); 250 mg of citrus bioflavonoids, providing no less than 22% hesperidin as measured by high performance liquid chromatography (HPLC); 50 mg of rutin; and 50 mg of rosehip extract. This product contains no artificial preservatives, colours, flavours, or added sugar, starch, milk products, yeast, gluten, or salt.

**Recommended Daily Allowance:** Dosage varies, depending on age.

**Food Sources:** Fruits and vegetables, especially Brussels sprouts, collards, kale, parsley, tomatoes, sweet peppers, watercress, black currants, oranges, lemons, strawberries.

**Causes of Deficiency:** Poor diet.

**Symptoms of Deficiency:** Bleeding gums, easy bruising, fragile bones, poor wound healing, susceptibility to infection, hysteria, depression.

**Complementary Nutrients:** Bioflavonoids, vitamin E, selenium, beta-carotene.

## HOW IT WORKS:

Vitamin C is a water-soluble vitamin known for its use for treating the common cold. It is also needed for tissue growth and repair, the strength of capillary walls, lactation, and adrenal gland function. Vitamin C is vital for the formation of collagen, the body's structural substance, and it supports the immune system, helping the body resist and overcome disease and fight bacteria and viruses. In addition, vitamin C promotes wound healing, is a powerful antioxidant, and helps in the absorption of iron. The added citrus bioflavonoids, rutin, and rosehips in this formula work synergistically with vitamin C and help increase its absorption and antioxidant power.



### DID YOU KNOW...

*Most animals are able to manufacture their own vitamin C, but humans are unable to do so and must rely on dietary sources.*

# Super C 500 mg

## RESEARCH:

Countless research studies support the use of vitamin C for the prevention and treatment of many conditions. In particular, a number of studies support the use of vitamin C in the prevention of coronary heart disease (CHD). In 2004, a pooled analysis of 9 prospective cohort studies, including more than 290,000 adults who were free of CHD at baseline and followed for an average of 10 years, found that those who took more than 700 mg/day of supplemental vitamin C had a 25% lower risk of CHD than those who did not take vitamin C supplements. Another study found that the risk of death from cardiovascular disease was 42% lower in men and 25% lower in women who consumed more than 50 mg/day of dietary vitamin C and who regularly took vitamin C supplements, corresponding to a total vitamin C intake of about 300 mg/day.

## SIDE EFFECTS:

No side effects expected at recommended dosage.

## INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult your health care practitioner before using if you have a serious condition or are taking any medications.

## OTHER CONSIDERATIONS:

Consult a health care practitioner before use if you are pregnant or breastfeeding. Keep out of reach of children.

## LABEL:

**QUEST**

**PRÉVENTION**

**Super C**  
500 mg  
**plus**  
bioflavonoïdes,  
rutine et églantier

DIN 02082160

**120**  
comprimés

Antioxydant pour le maintien  
d'une bonne santé

Sans colorants, arômes ou agents de conservation artificiels

**Supérieure**  
QUALITÉ ASSURÉE

**Dose recommandée (adultes) :** Prendre 1 comprimé par jour ou selon l'avis d'un praticien de soins de santé.  
**Note :** Pour usage thérapeutique seulement.

**Ingrédients médicinaux :**  
Chaque comprimé contient :  
Vitamine C .....500 mg  
Bioflavonoïdes d'agrumes .....250 mg  
Hespéridine (provenant de bioflavonoïdes d'agrumes) .....50 mg  
Rutine .....50 mg  
Extrait d'églantier (4:1) .....50 mg  
Ingrédients non médicinaux : .....50 mg  
croscarmellose sodique, phosphate dicalcique, stéarate de magnésium, cellulose, dioxyde de silicium, acide stéarique, hypromellose, glycérine.  
**Information sur les risques :** Consulter un praticien de soins de santé avant d'en faire l'usage si vous êtes enceinte ou allaitante.  
**Ce produit ne contient aucun œuf, gluten, crustacés, soja, sulfites, ou dérivés d'origine animale.**

**Recommended Dose (Adults):** Take 1 tablet daily or as directed by a health care practitioner.  
**Note:** For therapeutic use only.

**Medicinal Ingredients:**  
Each tablet contains:  
Vitamin C (ascorbic acid) .....500 mg  
Citrus bioflavonoids .....250 mg  
Hesperidin (from citrus bioflavonoids) .....50 mg  
Rutin .....50 mg  
Rosehip extract (4:1) .....50 mg  
**Non-medicinal ingredients:**  
Croscarmellose sodium, dicalcium phosphate, magnesium stearate, cellulose, silicon dioxide, stearic acid, hypromellose, glycerin.

**Risk Information:** Consult a health care practitioner before use if pregnant or breastfeeding.  
**This product does not contain egg, gluten, shellfish, soy, sulfites, or animal derivatives.**

**PREVENTATIVE**

**Super C**  
500 mg  
**plus**  
bioflavonoids,  
rutin and rosehips

DIN 02082160

**120**  
tablets

An antioxidant for the  
maintenance of good health

No artificial colours, flavours or preservatives

**PREMIUM**  
QUALITY ASSURED

DO NOT USE IF SEAL UNDER CAP IS BROKEN.  
NE PAS UTILISER SI LE SÉAU DE SÉCURITÉ SOUS LE CAPUCHON EST BRISÉ.

**www.questvitamins.com**  
1-877-929-2548

**SunOpta Inc.**  
6 Commerce Crescent  
Acton, ON L7J 3X3

**A Proud Canadian Company**  
Une compagnie canadienne fière de l'être.

**F.P.O. - 80%**  
U.S. CODE TO BE: 0 58871 21228 3

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RANGER DANS UN ENDROIT SEC ET FRAIS.  
TENIR HORS DE LA PORTÉE DES ENFANTS.

STORE IN A COOL, DRY PLACE.  
KEEP OUT OF REACH OF CHILDREN.