

# PHARMANEX® VITAMIN C +ZINC



## MEET PHARMANEX VITAMIN C +ZINC

Two nutrients for twice the immune support. Pharmanex Vitamin C +Zinc combines these two clinically proven nutrients to help keep your immune system at the top of its game. Formulated as a twice-daily delicious chewable tablet with optimized absorption so your body can fully utilize these potent nutrients, Vitamin C +Zinc is the perfect addition to any diet. Enjoy the delicious citrus flavor without artificial colors, flavors, or sweeteners to get in the way of you hitting your nutrition goals.

## WHY YOU'LL LOVE IT

- Supports immune function\*
- Formulated for optimized absorption and utilization.
- An easy-to-take, delicious chewable tablet—no water needed.
- Features an enjoyable citrus flavor that is the perfect mix of sweet and tart.
- Suitable for vegetarians.
- Zero artificial colors, flavors, or sweeteners.

## WHAT POWERS IT

- **Vitamin C**—supports a wide range of health benefits. High blood levels of this nutrient can be a good marker for general wellbeing.
- **Zinc**—supports immune function and reduces oxidative stress.

## HOW TO USE IT

Enjoy one chewable tablet twice daily.

## TRY THESE WITH IT

- LifePak® Elements
- LifePak
- LifePak Nano
- ageLOC® Youth
- ReishiMax
- Tēgreen 97®
- Additional Pharmanex Solutions

## LEARN MORE ABOUT IT

Why do I need to take Pharmanex Vitamin C +Zinc twice a day?

Studies show that Vitamin C absorbs well in doses up to about 500 mg, but after that, absorption drops significantly, and the excess mostly passes through your body. To ensure your body optimally absorbs and gets the greatest benefits from 1000 mg of Vitamin C, it's important to take one 500 mg tablet twice a day instead of one 1000 mg tablet once.

Is Pharmanex Vitamin C +Zinc safe for children?

Pharmanex Vitamin C +Zinc is designed for adults 18 and older. We recommend working with your healthcare professional for questions regarding children's supplements.

Can I take Pharmanex Vitamin C +Zinc with other Pharmanex products that contain Vitamin C and Zinc?

Yes, you can take Pharmanex Vitamin C +Zinc together with other products containing Vitamin C and Zinc, like LifePak Elements, LifePak, or LifePak Nano. However, please note that the daily upper limit for Vitamin C is 2,000 mg for adults, while the daily upper limit for Zinc is 40 mg. We do not recommend exceeding this amount of Vitamin C or Zinc in your daily supplement regimen.

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## Who should take Pharmedex Vitamin C +Zinc?

Adults 18+ who are looking for a quick and easy way to add Vitamin C and Zinc to their diet for added immune support.

## SCIENCE THAT PROVES IT

1. Carr AC, Maggini S. Vitamin C and Immune Function. *Nutrients*. 2017;9(11):1211. Published 2017 Nov 3. doi:10.3390/nu9111211
2. Maares M, Haase H. Zinc and immunity: An essential interrelation. *Arch Biochem Biophys*. 2016;611:58–65. doi:10.1016/j.abb.2016.03.022
3. Wintergerst ES, Maggini S, Hornig DH. Immune-enhancing role of vitamin C and zinc and effect on clinical conditions. *Ann Nutr Metab*. 2006;50(2):85–94. doi:10.1159/000090495
4. Maggini S, Beveridge S, Suter M. A combination of high-dose vitamin C plus zinc for the common cold. *J Int Med Res*. 2012;40(1):28–42. doi:10.1177/147323001204000104
5. Levine M, Conry-Cantilena C, Wang Y, et al. Vitamin C pharmacokinetics in healthy volunteers: evidence for a recommended dietary allowance. *Proc Natl Acad Sci U S A*. 1996;93(8):3704–3709. doi:10.1073/pnas.93.8.3704

## WHAT'S IN IT

### Supplement Facts

Serving Size: 1 tablet

Servings Per Container: 60

Amount per serving		% DV
Total Carbohydrates	1 g	0%*
Total Sugars	<1 g	
Incl. Added Sugars	<1 g	2%*
Vitamin C (as Ascorbic Acid, Sodium Ascorbate)	500 mg	555%
Zinc (as Zinc Citrate)	5 mg	45%
Sodium	30 mg	1%

\*Percent Daily Values are based on a 2,000 calorie diet.

OTHER INGREDIENTS: Sucrose, Xylitol, Natural Flavors (Orange, Tangerine), Rice Starch, Microcrystalline Cellulose, Magnesium Stearate, Stevia Glycosides (from Stevia Rebaudiana leaf extract), Dicalcium Phosphate.