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### What is Ester-C?

Ester-C is a unique, patented form of vitamin C that is nonacidic and contains naturally occurring vitamin C metabolites. Vitamin C is one of the most commonly used supplements. However, sometimes individuals experience gastrointestinal discomforts due to the ascorbic acid of vitamin C. Ester-C is pH-neutral and gentle on the stomach.

### Is it normally found in the diet or in the body?

Ester-C is made up of vitamin C and calcium, essential nutrients needed by the body for a variety of biological functions; both must be obtained through diet or supplements. Ester-C's vitamin C metabolites are normal byproducts of the body's metabolism of vitamin C. They enhance the absorption of vitamin C in white blood cells, an important part of the immune system. They may also enhance retention of vitamin C in these cells as well.

### Who needs to take Ester-C?

Vitamin C is not made or stored in the body; it must be consumed by everyone, everyday. A supplement can ensure optimum vitamin C intake for anyone, but some people have an increased need—those who avoid whole plant foods contributing vitamin C; smokers; and those who take certain medications for acid reflux. Ester-C is also especially suited for people who may experience gastrointestinal side effects when taking regular vitamin C.

### Why is it needed?

Humans lack the enzyme required to synthesize vitamin C within the body.

### How do you know if you need Ester-C?

Vitamin C provides a wide range of benefits—immune support, circulation support; it is beneficial to joints and connective tissues, helps reduce the premature aging of cells, and forms the basis for healthy hair, skin and nails. However, if you are experiencing gastrointestinal discomforts associated with ascorbic acid, Ester-C vitamin C is an ideal choice; it is gentle on the stomach.

### What does it do in the body?

Vitamin C participates in producing energy, brain chemicals, and collagen. It is also a key antioxidant

### Did you know?

*Green chili peppers contain the most vitamin C of any food; one supplies over four times the daily need.*

*The only animals that can't produce their own vitamin C are fish, primates (including humans), guinea pigs, and fruit bats.*

*Vitamin C is relatively delicate—it can be destroyed by broiling, frying, or grilling.*

that protects cell and blood components from harmful oxidative damage by free radicals. By these mechanisms, vitamin C helps maintain normal tissue repair and cardiovascular health, and supports the immune and central nervous systems.

### What is special about your product?

American Health offers a full line of Ester-C formulas in a variety of potencies and forms. Our newest supplement, Ester-C with D3 Bone & Health Complex, combines Ester-C with Vitamin D3, offering advanced nutrition for bone health and immune system support in a convenient once daily complex.



## Introducing the most advanced bone and immune health complex under the sun.



### Ester-C® with D3

### 5000 IU D3 – 1000 mg Ester-C® – Once Daily

Today, Vitamin D is more important than ever. Ester-C® with D3 Bone & Immune Health Complex\* provides a smart, healthy way to support both bone density and daily immune health.\* With concern about the damage of long term sun exposure, many of us do not get the Vitamin D we need from natural sunlight. In a once daily serving, Ester-C® with D3 delivers over 10x the recommended daily level of Vitamin D, in a form that closely mirrors the D our body naturally produces. Vitamin C plays a critical role in bone health, as well.\* The key protein in bone is collagen and Ester-C® Vitamin C is essential for collagen formation.\*

Experience the nutritional difference that Ester-C® with D3 makes. Ester-C® with D3... has your bone and immune health covered!

### Ester-C® The Better Vitamin C®

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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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