

Vitamin C1000 Gold

DIETARY SUPPLEMENT



What is vitamin C?

Vitamin C, also known as ascorbic acid, is by far the most well-known vitamin, and for good reason. Vitamin C is an essential vitamin for your immune system. But vitamin C also plays an important role in numerous other functions:

- Improves iron absorption
- Acts as antioxidant (neutralizes free radicals)
- Protects against external elements such as pollution and sunlight
- Helps build collagen in the skin, bones, and joints
- Plays a role in energy metabolism and helps reduce tiredness

Vitamin C is mainly found in vegetables and fruit. Usually, a varied diet supplies daily vitamin C needs, but avid athletes can put more stress and strain on their bodies. Athletes who put their body to the test day in day out can opt to take a vitamin C supplement.

Vitamin C supplement for athletes

Vitamin C is particularly interesting for athletes because it helps boost immunity during and after physical exertion¹. That's why many athletes take a vitamin C supplement during intensive training and competition periods. Vitamin C also boosts immunity in cold environments¹. This makes vitamin C the ideal supplement to take during the autumn and winter months and in cold countries.

Vitamin C supplements are particularly interesting:

- During periods of intensive training or competitions
- During international travel
- In cold environments, for instance during the autumn and winter months
- When training or competing at high altitudes
- If you have an iron deficiency
- For the production of cartilage in the joints
- When there is exposure to harmful substances, such as smog, smoke, and UV radiation

Vitamin C and iron absorption

Vitamin C helps absorb plant-based iron. It is crucial that athletes get enough iron as it plays an important role in the production of red blood cells and, therefore, in oxygen transport in your body. Your body absorbs iron from animal products more easily than iron from plant-based sources. Intense training can also have a negative effect on the absorption of iron from food. As an athlete, if you eat no or hardly any meat it is more difficult to absorb enough iron. A vitamin C supplement can help increase the absorption of plant-based iron.

Vitamin C supplement during high altitude training

High altitude training is a known phenomenon in the sporting world. At high altitude, both the air pressure and the oxygen percentage in the air are lower. The body adjusts to this by producing more red blood cells. Sufficient iron is needed for this. As vitamin C contributes to the absorption of iron, a vitamin C supplement is recommended during high altitude training.

NZVT Certified

Vitamin C1000 Gold is produced in accordance with the anti-doping standards and other standards of the NZVT system (Anti-Doping Authority for the Netherlands) and therefore displays the NZVT logo. Vitamin C1000 Gold can be used by top athletes with confidence, so that they can concentrate on delivering an optimum athletic performance with peace of mind.

Additional information

This product does not contain any known allergens and is suitable for vegetarians and vegans.

Recommended use

Take one capsule a day with plenty of water, preferably with a meal.

Health Claims

- Antioxidant
- Supports the immune system
- Boosts the immune system during and after physical exercise
- 1000 mg of vitamin C per vegetarian capsule
- Boosts energy metabolism

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Composition per daily dose (one capsule)			
Ingredient	Quantity	% RI	Compound
Vitamin C	1000 mg	1250%	
RI = Reference intake / * RI not determined			



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