



# Purely-C™ Raw Whole Food Vitamin C

## High natural ascorbate • High flavonol • High mineral

For too long the “natural” health industry has been promoting vitamin C from inferior supplements processed with petroleum derivatives or refined sugars. Instead of the synthetic forms, only the whole food vitamin C complex should be consumed. Synthetic forms of vitamin C have even been associated with certain health risks, including heart disease, miscarriage and stillbirths. In contrast, natural whole food vitamin C is safer and more health-enhancing. Isolated ascorbic acid synthetic supplements should never be consumed. These are made by processing a source material with acetone and have no naturally occurring bioflavonoids. Our vitamin C raw food source contains wild camu camu berries from the Amazon, acerola cherry, rhus coriaria, and wild rose hip. All of these are sun-dried in remote forests, which preserves all of the natural vitamin C and bioflavonoids.

The camu camu berry is one of the richest sources of naturally occurring vitamin C in the world, which is why North American Herb & Spice sourced this rare berry from the Amazon. The camu camu is an amazing fruit that contains nearly 30 times more vitamin C than an orange. It contains the whole vitamin C complex, which consists of vitamin C in a synergistic blend with bioflavonoids and trace minerals. The acerola cherry powder is also a vitamin C powerhouse, containing rich amounts of natural vitamin C. Acerola cherry is also a source of naturally occurring vitamin A.

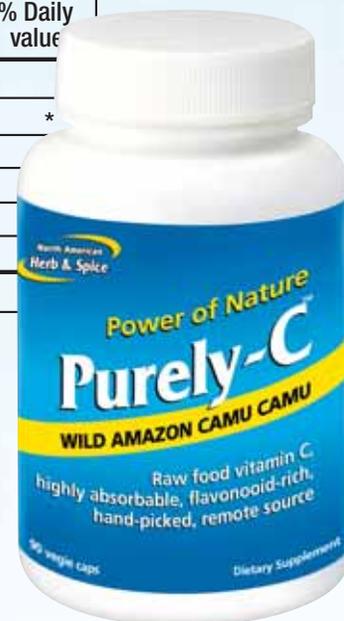
Rhus coriaria and bioflavonoid-rich rose hip powder are the final ingredients in this formulation. The rose hip, like the other ingredients, is loaded with vitamin C, along with vitamins A, D, and E. These components are a great enhancement to an already superb supplement.

Because Purely-C is in a very bioavailable form, it is a great way to get your daily amount of vitamin C. Low-dose, natural vitamin C is the non-chemical way to consume vitamin C, and the natural form is easier to absorb and more powerful than the synthetic. Purely-C contains no synthetic vitamin C.

**Directions:** Take two or more capsules daily with meals. Open capsules and mix with food or juice. May be added to smoothies.

Supplement Facts		
Serving Size 2 capsules		
Servings per container 45		
	Amount Per Serving	% Daily value
Proprietary blend	1400 mg	
Camu camu berries		*
Acerola cherry		
Rhus coriaria powder		
Rose hip powder		
Vitamin C (from the above sources)	150 mg	
*Daily value not established		

Vegetable gelatin capsules  
(100% GMO free)  
Contains no animal products



To place an order: North American Herb & Spice, P.O. Box 4885, Buffalo Grove, IL 60089  
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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.