

The Nutritional Essentials

Livelt! Lifestyle Lesson 14

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From the Pen of Dr. Royal Lee

(1895-1967) Inventor,
Scientist, Genius, Founder of
Standard Process, Inc.

Vitamins are complexes, they are parts of enzyme systems – Like a watch which is a timekeeping mechanism – it is functional, organic, interactive – a watch is not a hunk of brass – Vitamin C is not ascorbic acid – it is more – it is complex – organic – functional – whole, not inorganic chemical parts.

A Partial List of Conditions Related to Nutritional Deficiencies

Allergies - Hay Fever
Ankle Swelling
Arthritis
Back Pain
Blood pressure -
High or Low
Bronchial Conditions
Bursitis
Circulation, Poor
Colitis
Colon, Spastic
Constipation
Cough, Chronic/Allergic
Diarrhea
Disc Problems
Diverticulitis
Dizziness (Vertigo)
Emphysema
Fatigue, Chronic
Feet, Cold or Burning
Feminine Problems
Gall Bladder Disorders
Gas
Glandular Troubles
Headaches
Heart, Fast or "Nervous"
Hemorrhoids
Impotence
Injuries to Soft Tissues
Insomnia
Joint Pain
Kidney Problems
Knee Pains, Chronic Leg
Pains, Cramps, Tingling,
Numbness
Liver Problems
Nervousness
Neuralgia
Prostate Trouble
Sciatica
Shingles
Sinus Trouble
**Throat, Sore / Hoarse /
Congested**
Thyroid Conditions
Ulcers -- Stomach,
Duodenum, Skin
Yeast Infections

Are You Really Taking Vitamin C Complex?

Ask a friend if they take vitamins
and they are likely to answer,

**“Sure, I take Vitamin C, when I
think I am getting a cold.”**

But are they actually taking a complete
“Vitamin C,” and why does it matter?

Aren't all “Vitamin C” products the same?

The complete Vitamin C-Complex has many
actions within our bodies—fighting
infection, building tissues, regulating
inflammation, preventing cancer and heart
disease ^{1,2} —to name a few!

But are you, your family and friends taking
true Vitamin C-Complex? Or are you
merely taking a large dose of a partial
factor of the HealthBuilding Vitamin C-
Complex – **ascorbic acid**?

Read the labels in any market or drugstore
and you might think that ascorbic acid IS
Vitamin C, and that Vitamin C is nothing
more than ascorbic acid. But this is far
from the truth.

Even Albert Szent-Gyorgyi, MD, PhD
(1893-1986), the Nobel Prize winner who
“discovered” ascorbic acid, believed very
soon thereafter that ascorbic acid in a
whole food form was the true beneficial
health factor, not ascorbic acid alone.³

**What is Vitamin C-Complex,
anyway??**

**Vitamin C-Complex is not merely
ascorbic acid!**

Ascorbic acid is only part of the Vitamin
C-Complex! Let's learn more.

True Vitamin C-Complex is a whole food
complex made up of Vitamin C (ascorbic
acid) and Vitamin P (bioflavonoids). Like all
vitamin complexes, Vitamin C-Complex is
an example of a working mechanism which
**only functions effectively when all the parts
are present.**³

What are the parts of the Vitamin C-Complex?

They are:

- ✓ **Ascorbic acid**, (commonly known as
Vitamin C), an antioxidant which protects
from free radical damage.
- ✓ **Bioflavonoids**, (sometimes called Vitamin
P), the vascular fragility factors.

Most people who think they are taking “Vitamin
C” are actually taking only ascorbic acid.
Although ascorbic acid is found in wholesome
foods, the ascorbic acid typically found in
“health food stores” and drug stores is a
synthetic chemical manufactured from corn
syrup (sugar) and sulfuric acid. Remember,
ascorbic acid found in nature is just one part
of the Vitamin C-Complex.

**Nature intended your body to only use very
small amounts of organic ascorbic acid.
MORE IS NOT BETTER.**

Surplus ascorbic acid must be eliminated
through the kidneys, putting unnecessary
strain on these vital organs. Surplus ascorbic
acid also upsets the balance of trace minerals
in the body. One could say that high doses of
ascorbic acid are toxic to your body. Ascorbic
acid that is out of balance with organic factors
found in nature is not a healthy way to get our
HealthBuilding Nutritional Essentials.

Let's take a deeper look at some of the
HealthBuilding factors the organic, whole food
Vitamin C-Complex provides:

Bioflavonoids, (the vascular fragility factor),
sometimes known as Vitamin P. Vitamin P
increases capillary strength and decreases the
risk of bleeding. Bruising, broken blood
vessels, bleeding gums are all improved with
healthful bioflavonoids, and bones, cartilage,
ligaments and tendons are all strengthened,
preventing injury and speeding the healing
process. There are nearly 4000 different
bioflavonoids—some of the most well-known
are rutin, quercetin, citrin and hesperidin.

Bioflavonoids are also known to decrease the
risk of developing cancer^{1,2}, but only when
consumed as whole foods.

Our Bodies Need More than Ascorbic Acid!

Bioflavonoids are true nutritional essentials that cannot be manufactured by the human body. They must be obtained from fresh fruits, vegetables and whole food concentrates high in the Vitamin C-Complex.

Research has consistently shown that when nutrients are consumed as the complete "biological action package" present in whole foods, true health benefits are achieved. In fact, Vitamin C cannot be effectively utilized without bioflavonoids being present in your foods. (See Interesting Facts about Vitamin C on this page.)

Prevent Heart Attacks and Strokes with Vitamin C-Complex. Vitamin C found in the form of whole foods like fruit and vegetables have long been known to lower the risk of heart attack. Oxidation and inflammation of plaques deposited in the coronary arteries are triggers for many heart attacks. Components of the Vitamin C-Complex decrease oxidation of lipids and control inflammation, thus reducing the risk of heart attacks and strokes.

We Need More than Ascorbic Acid

As you can see, when we eat an orange or other whole food high in the Vitamin C-Complex we are benefiting from so much more than ascorbic acid.

Research has shown that the maximum health benefits are derived from consumption of 800 grams of fruit and vegetables daily. Yet only a very small percentage of individuals eat the recommended 5-9 servings of fruit and vegetables daily. How to make up the difference? Whole food concentrates are the answer to getting your Vitamin C-Complex HealthBuilding factors consistently and conveniently. As you have learned – Vitamin C-Complex is a Nutritional Essential.

Ask me which of these Standard Process supplements would benefit you and your family!

1 Am J Med. 2002 Dec 30;113 Suppl 9B:71S-88S - *Bioactive compounds in foods: their role in the prevention of cardiovascular disease and cancer.* Penn State University.

2 Med Res Rev. 2003 Jul;23(4):519-34. *Flavonoids: promising anticancer agents.* Shanxi Medical University, China.

3 Nature 138:798;1936, Nature 137:27;1936

Cataplex C—introduced in 1934, the vitamin C complex, found in Cataplex C, is an important antioxidant and has long been recognized as an important nutritional compound essential for supporting the immune, cardiovascular, endocrine, musculoskeletal, and blood building systems. Cataplex C combines the benefits of more than 19 different whole foods high in Vitamin C-Complex HealthBuilding factors.[†]

Cyruta Plus—introduced in 1950, Cyruta Plus carries several important factors; one of which is the vitamin P complex (bioflavonoids), where rutin and quercetin are members. These factors help maintain the integrity of the capillary walls. They are vital in their ability to increase the strength of the capillaries and regulate permeability and health of the cells.[†]

Cataplex A-C-P—introduced in 1956, Cataplex A-C-P combines the vitamin complexes of A and C with the vitamin P complex. The vitamin P complex, a bioflavonoid sometimes known as rutin, is essential for the successful absorption of vitamins A and C, the healthy function of capillaries and connective tissues, and immune system support.[†]

† These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. They are to support your health.

INTERESTING FACTS ABOUT VITAMIN C The Noble Prize and Dr. Royal Lee

Noble Prize Winner (for discovering ascorbic acid) Albert Szent-Gyorgyi, MD, PhD (1893-1986) is also credited with discovering bioflavonoids in 1935.

By 1934, Dr. Royal Lee, the founder of Standard Process, Inc. had already combined the benefits of Vitamin C with Bioflavonoids in the HealthBuilding complex known as Cataplex C.

Dr. Szent-Gyorgy discovered bioflavonoids in trying to help a patient with subcutaneous capillary bleeding. He had success with whole food "Vitamin C" with "vitamin P" included but **the "pure" ascorbic acid had no effect!** [Nature 138:798;1936, Nature 137:27;1936]

This LiveIt! Lifestyle Lesson is brought to you by:

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with a friend - Thank You!**

What Did You Learn?

Vitamin C-Complex is a whole food complex made up of Vitamin C (ascorbic acid), Vitamin P (bioflavonoids) and more!
True False

Bioflavonoids cannot be manufactured by the human body and must be obtained from fresh fruits, vegetables and whole food concentrates high in the Vitamin C-Complex.
True False

Like all vitamin complexes, Vitamin C-Complex is an example of a working mechanism which **only functions effectively when all the parts are present.**³
True False

Whole food concentrates are the answer to getting your Vitamin C-Complex HealthBuilding factors consistently and conveniently.
True False