



# VitaCforte™

## The added benefit of an increased supply of vitamin C

Vitamin C (ascorbic acid) is regarded as a key molecule for the entire cellular metabolism. It intervenes to support many of the body's metabolic processes; for example, those concerning the connective and supportive system of our bodies, cell protection, the immune function and the energy metabolism.

VitaCforte™ offers an extra supply of vitamin C for the cellular metabolism. The specific combination of different forms of vitamin C that have been selected for this Special Formula are advantageous: they are easily digestible, even in large quantities, and can be well ingested and metabolized by the cells.

Calcium ascorbate and magnesium ascorbate are "buffered forms" of vitamin C. Combining the ascorbic acid molecule with the minerals calcium and magnesium neutralizes the acidic effect of ascorbic acid.

Another buffered vitamin C form in VitaCforte™ is ascorbyl palmitate, which combines an ascorbic acid molecule with a fatty-acid molecule (palmitic acid). Thus, vitamin C, normally soluble in water, thereby becomes soluble in fat and can contribute to protecting cells against oxidative stress in their "fatty compartments", such as cellular membranes.

Vitamin C is regarded as a key molecule for the entire cellular metabolism. It participates in many vital metabolic processes to make supporting contributions to normal metabolic processes in our body. Vitamin C is present in VitaCforte™, both in buffered forms and bound to fatty acids:

- To support the normal function of the immune system
- As an additional contribution for protecting the cells against oxidative stress
- To support bioenergy metabolism and reduce tiredness and exhaustion
- As a contribution to normal collagen formation and thus to maintain the normal function of blood vessels, cartilage, gums, skin, bones and teeth

## Contents of one tablet:

Vitamin C obtained from:		
Ascorbic acid .....	150	mg
Calcium ascorbate .....	150	mg
Magnesium ascorbate .....	150	mg
Ascorbyl palmitate .....	67	mg
Citric bioflavonoids .....	150	mg

### Recommended allowance:

**Adults:** 1 tablet 3 times a day. Take at mealtimes with plenty of liquid (water, juice, tea).

For further information on the tolerance level of vitamin C, please refer to page 86.

**Presentation:** 90 tablets per jar  
**Order No.:** 011

## Special Formula

VitaCforte™ is a Special Formula in the Dr. Rath Cellular Nutrient Programme. Our Special Formulas have been designed to supply an extra amount of selected micronutrients. They make it possible to specifically increase intake of individual nutrient factors.

VitaCforte™ can be combined with both our Basic Formulas and our Basic and Reconstructive Formulas.

