

About Vitamin C

- 1932** • Vitamin C or scientifically known as Ascorbic acid was discovered in citrus fruit. Even before its discovery, this compound had been used unknowingly 300 years ago to treat a lot of ailments.
- 1970** • The research breakthrough started from 1970 where Vitamin C was associated with bringing down the common cold. In the late 1970s the antioxidant properties of vitamin C was discovered.
- 1980** • In the late 1980s, the National Cancer Institute of USA identified the importance of vitamin C in battling with several types of cancer.



Today, researchers discover that vitamin C not only can be obtained from citrus fruits, but also from variety of berries.

therabio

Take once a day
Strengthen your
SHEILD day by day

Vitamin C coupled high phytonutrients

Nutri Berries



Natural vitamin C from berries

1500mg
vitamin C per serving



ISO:
22000



Nutriberries C is a collection of berries which contains natural antioxidants particularly high Vitamin C coupled high phytonutrients – the anthocyanins. The vitamin C content per gram in Camu camu berry and Acerola berry are the highest among all edible berries and citrus fruits. These two berries contribute 1500mg of vitamin C per serving in Nutriberries C.

The Nutriberries C is further enhanced by introducing Blueberry, Blackberry, Elder berry, Raspberry and Black-currant as high anthocyanins source. This makes Nutriberries C a complete formulation.

Benefits:



Boosting immune system



Reduces hypertension



Maintain good eyesight



Antioxidant fights against free radicals

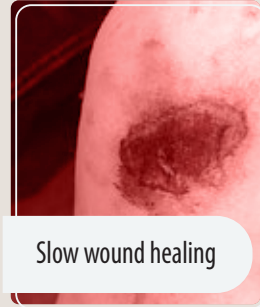


Anti-aging, brightening. Stimulate the formation of collagen



Improve healing abilities

Suitable for people:



How to take:

Consume directly or dissolved the powder in room temperature water and consume immediately

When to take:

Make it a habit to start your day with one sachet of Nutriberries C. If you think your immune system is getting low, take 2 – 3 sachets a day

Ingredients:

Blueberry powder, Blackberry powder, Elderberry powder, Blackcurrent powder, Rapsberry powder, Camu-camu berry powder, Acerola berry powder.

Ingredients from USA, South America & Europe.

Nutrition Information		
Per serving : 3g		
Servings per Box : 30		
	Per 100g	Per 3g
Energy	383kcal	11kcal
Total Fat	0g	0.g
Sodium as Na	28.4mg	0.8mg
Carbohydrate	95.1g	2.8g
Protein	0.6g	0g

Net Weight: 90gm (30sac x 3gm)

Q&A

● **Q: Do I need to take Nutriberries C every day?**

A: Our body could not produce Vitamin C. It has to be supplied from our food or supplement. Vitamin C is water soluble, which means it won't be stored in your body, hence you need to supply your body with this essential vitamin daily.

With the additional phytonutrients in Nutriberries C, it would make the daily consumption of Nutriberries C more justified.

● **Q: Would I be taking too much of Vitamin C (overdose)?**

A: As said, Vitamin C is water soluble, it won't be stored in the body, the extra vitamin C will be excreted through urination.

● **Q: Any symptom of taking too much of Vitamin C and how to overcome it?**

A: You would easily know that you are overdosed from vitamin C if you have diarrhoea. To solve the problem, simply cut down the dosage to the level your body could tolerate with.



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