



MOST NUMBER OF OLIVE HEALTH SUPPLEMENT PRODUCTS 2020



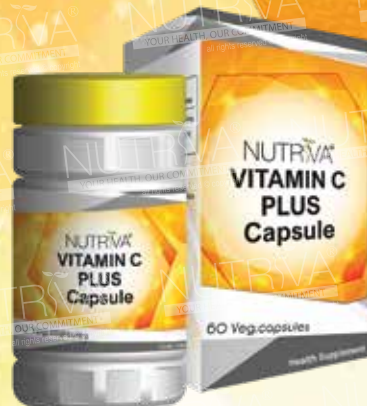
WHY

NUTRIVA®

VITAMIN C PLUS IS MORE EFFECTIVE?



Vitamin C is water soluble in nature and the common challenge faced by most of the **vitamin C** supplements is poor absorption and retention in our body. That is why the dose of the **vitamin C** that we often see in the market is mostly 500 to 1000mg. However, too much of **vitamin C** will cause burden to our body and wasted.



NUTRIVA® VITAMIN C PLUS

- Contains scientifically **ADVANCED** form of vitamin C which **binds ascorbic acid to lipid metabolites and NATURAL Citrus Bioflavonoid to enhance absorption, cellular uptake and retention** as well as utilization of essential vitamin C in the body.
- The fatty acids help to carry the ascorbic acid for enhanced cellular uptake. The bioflavonoid acts as a **protective shield** that keeps the vitamin C from reacting with oxidizers before it is delivered and fully absorbed. This delivery method is **WHY OUR VITAMIN C has more potent antioxidant capabilities** than non-formulated vitamin C and is **significantly more bioavailable.***
- All-**NATURAL** product that is free of allergens and affirmed as **GRAS (Generally Recognized as Safe)** by **USFDA** indicate it is almost as natural as consuming citrus fruits or vegetables.

Why We Need to Consume Synthetic Vitamin C If We Can Get The Natural Vitamin C at The Same Price?

Enhanced with **Natural Yeast that provides Zinc** (Zinc plays a role in immune function, metabolism and growth)

Three clinically proven ways that **OUR VITAMIN C** outperforms regular vitamin C brands by showing a significant reduction of C-reactive protein, low-density lipoproteins (LDL) cholesterol levels, and higher serum **vitamin C** levels in just 24 hours.*



The information is intended as reference for professional use, strictly for internal circulation.

NUTRIVA® VITAMIN C PLUS

233%

More rapidly absorbed and more highly retained by the human body *

64%

Better in reducing plasma levels of C-reactive protein (64% higher) in human clinical studies. *

(High C-reactive protein associated with high inflammation in body)

12

Times

More rapidly stimulates healthy neurons and promotes nerve regeneration*

3

Times

More rapidly promotes wound healing *

2.5

Times

More rapidly protects immune system *

* Compared with ascorbic acid, calcium ascorbate and Ester-C™

We Are Not Your Ordinary Vitamin C and We Are Just Simply Better

Importance of Vitamin C

Vitamin C is essential for a variety of physiological function such as formation of collagen – a protein that gives structure to bones, cartilage, muscle and blood vessels. Vitamin C also is known to be a natural antioxidant, helping to protect cells from the damage caused by free radicals.

Recommended Vitamin C Intake for Malaysian

Groups	Age	Recommended Nutrient Intake (RNI) (mg/day)
Infants	0-5 Months	25 mg
	6-11 Months	30 mg
Children	1-6 Years Old	25 mg
	7-9 Years Old	30 mg
Adolescent	10-18 Years Old	65 mg
Adults	-	70 mg
Pregnancy	-	80 mg
Lactation	-	85 mg

Groups	Age	Tolerable Upper Intake Levels (UL) (mg/day)
Infants	-	Not possible to establish; source should be milk and food only
Children	1-3 Years Old	400 mg
	4-8 Years Old	650 mg
	9-13 Years Old	1200 mg
Adolescent	14-18 Years Old	1800 mg
Adults	> 19 Years Old	2000 mg
Pregnancy & Lactation	14-18 Years Old	1800 mg
	> 19 Years Old	2000 mg

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Adverse Reaction

Vitamin C is generally SAFE when taken in recommended doses.

Common adverse reactions are nausea, diarrhea and stomach cramps.

However, intake of high dose vitamin C (>2000mg) for long term are not recommended. It may cause severe side effects such as severe diarrhea and kidney stones (that may cause kidney injury).

Precaution

DO NOT take vitamin C supplements if you have:

Renal impairment or on chronic hemodialysis

Blood disorder (G6PDH deficiency and hemochromatosis)



References

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Nutriva International Sdn. Bhd. 905109-P
14B, Jalan Tun Mohd Fuad Satu,
Taman Tun Dr. Ismail, 60000 Kuala Lumpur.
Tel: 03- 7722 2396