

# WHOLE-ISTIC SOLUTIONS

## Whole-istic Solutions Acerola C-Plus

Vitamin C is one of the most commonly used supplements on the market. However, the incomplete type of vitamin C containing only ascorbic acid, taken by the majority of people, has actually been shown to be harmful. Researchers from the Institute for Health Promotion and Disease Prevention Research found that "regular intake of [synthetic] vitamin C pills may quicken the thickening of artery walls". Of the 573 men and women studied, those that had consumed at least 500 milligrams of ascorbic acid Vitamin C supplements a day, developed an inner artery wall layer 2.5 times thicker than that of people who did not take the supplements. However, the researchers found "no evidence that vitamin C from food caused heightened arteriosclerosis progression." In fact just the opposite is true. Another study reported that the common synthetic "vitamin C pills taken by millions of health-conscious Americans may actually help produce toxins that can damage their DNA, a step toward forming cancer cells". According to researcher James H. Dwyer, "When you take in vitamins from food, you take them in with a large number of other components of that food. It is plausible that the protective effect of a diet occurs because of the interaction of many components of those foods."

One truth is clear; **Nature Knows Best!** The only safe and effective choice for vitamin supplementation is whole food ingredients.

**Whole-istic Solutions Acerola C-Plus** is a blend of 100% whole foods, known for their high content of naturally occurring vitamin C. This blend of Acerola Cherry, whole grapefruit powder and cherry juice powder contains more than just 100% RDI of vitamin C. It also contains complementary flavanones and polyphenols, which contribute to the overall antioxidant power and stability of the product. Each ingredient in this blend has been carefully processed to preserve the maximum amount of antioxidant capability. Research has shown that whole fruits like cherries and grapefruit contain co-factors that contribute to their healthy effect. The natural polyphenols in grapefruit, such as hesperidin and the hydroxycinnamic acid in cherries have been found to have beneficial properties as strong antioxidants.

### Whole-istic Solutions Acerola C-Plus:

- is a blend of whole fruit powders that offer 100% RDI of vitamin C per capsule.
- contains polyphenols, perhaps the most effective cancer-battling compound discovered to date
- contains flavonoids that help protect and repair capillaries and blood vessels
- acts as an antioxidant which helps to neutralize free radicals
- helps to protect cells and tissues from oxidation
- boosts the immune system
- assists with the absorption of iron and other nutrients
- provides natural anti-inflammatory benefits

• ACEROLA C-PLUS



## Supplement Facts

**Serving Size:** 1 Capsule

**Servings Per Container:** 60

Amount Per Serving		% DV
Vitamin C (from acerola cherry)	60 mg	100%
Whole grapefruit 12:1 ext.	100 mg	*
Cherry juice 18:1 ext.	50 mg	*

\*Daily Value not established

Other Ingredients: Vegetable cellulose and water



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**Acerola Cherry**, also known as West Indian Cherry, is a dark red fruit that grows in the Caribbean, northern South America, Central America and Mexico. Acerola is a powerful antioxidant containing natural vitamin C, flavonoids and polyphenols. Antioxidants are nutrients that disarm harmful molecules called free radicals. Free radicals damaged cells, are the undesirable byproducts of various metabolic functions. Flavonoids are potent antioxidants that prevent the formation of these free radicals. Flavonoids contain antimicrobial properties and offer protection to the vast network of capillaries and blood vessels in the system. The flavonoids present in **Acerola C-Plus** contain properties which help correct vision problems including night blindness. They also strengthen and repair broken capillaries, varicose veins and cardiac irregularities arising from a decrease in blood flow and arterial blockage. Another function of vitamin C is to maintain collagen, a protein substance, which forms connective tissue in skin and bones. Vitamin C also promotes wound and burn healing by helping form connective tissue in the scarred areas. Vitamin C must be consumed daily in the diet, as the body does not process or store vitamin C.

**Organic Whole Grapefruit** is high in vitamin C, beta-carotene and potassium. It is a good source of folate, iron, calcium and it also contains bioflavonoids and other plant chemicals that protect against cancer and heart disease. Some of those protective plant chemicals found in grapefruits include phenolic acid, which inhibits the formation of cancer-causing nitrosamines; limonoids, terpenes and monoterpenes, which induce the production of enzymes that help prevent cancer; and bioflavonoids, which inhibit the action of hormones that promote tumor growth. Furthermore, some people with rheumatoid arthritis, lupus and other inflammatory disorders find that eating grapefruit daily seems to alleviate their symptoms. This is thought to stem from plant chemicals that block prostaglandins, substances that cause inflammation.

Grapefruit exhibits broad-spectrum antimicrobial activity. It is a good source of inositol, which is a member of the vitamin B complex. Vitamin C, found in grapefruit provides nutritional support to the immune system and aids healthy maintenance of the eyes, liver and adrenal gland function. Studies have also shown vitamin C to enhance the body's ability

to cope with occasional stress and frustration. Vitamin C has also been found to be of value in minimizing the effects of environmental pollution, including carbon monoxide and lead, by providing more oxygen to the cells through its anti-oxidant properties.

**Cherry Juice** is the fruit pulp of the cherry fruit. Like grapefruit and Acerola Cherries, cherry juice boosts the immune system and assists with the absorption of iron and other nutrients. In addition, cherries are rich in hydroxycinnamic acid that contributes to the antioxidant activity of this whole food blend. Hydroxycinnamic acid is known to be an effective and a fierce free radical scavenger, as well as an inhibitor of enzymatic reactions associated with inflammation, autoimmune and aging processes in the human body. Since the production of antioxidants in the body declines over time, it is essential that they be added to the diet for optimal health.

**Acerola C-Plus** is 100% whole food with no fillers. One, easy to swallow, vegetarian capsule provides 100% of the RDI for vitamin C along with all of the naturally occurring beneficial co-factors. **Acerola C-Plus** is the safest, most complete and effective vitamin C available.

## References:

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