

DAILY C-500™

FOOD COMPOUND VITAMIN

Vitamin C is an essential vitamin for good health and needs to be replenished daily to maintain optimal levels in the body. Factors such as smoking, illness, prescription drugs, physical activity, stress, and caffeinated beverages tend to quickly deplete vitamin C stores in the body. If any of the factors above apply to you, health care professionals recommend taking a vitamin C supplement in addition to your daily Food Compound Vitamin.

Daily C-500™ by RightFoods™ is designed to provide vitamin C with nourishing food compounds to maintain optimal white blood cell production and antioxidant protection.

FOOD COMPOUND NUTRITION

RightFoods™ has created **Daily C-500™** by skillfully combining vitamin C with nourishing foods such as oranges, lemons, and green peppers. These foods are naturally rich in vitamin C and complimentary food compounds. Current research has identified food compounds to have several significant health-promoting roles in the body, including acting as powerful antioxidants, detoxifiers, and immune stimulators. It has been proven, a diet composed mostly of fruits, vegetables, and whole grains is essential to achieve and maintain good health. These foods are good sources of vitamin C and are rich in supportive food compounds. Since the average American diet lacks enough servings per day of fruits and vegetables, it is important to choose **Daily C-500™**, a Food Compound Vitamin that supplements your diet with essential vitamin C and a selection of the right foods rich in food compounds. Food compounds are the key to complete nutrition and wellness.

COMPLETE ACTIVE RANGE

Each of the thousands of identified food compounds has been placed by its organic structure into one of the seven classes: terpenes, organosulfurs, phenols, organic acids, polysaccharides, lipids, and amines. A diet that includes all seven classes is vital to optimal health because each food compound class exhibits unique health-promoting activities in the body. In fact, many studies have found food compounds collectively function to promote a healthy immune system.

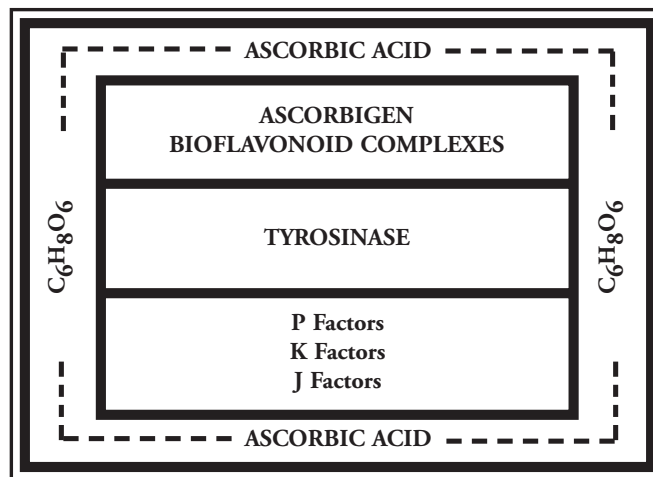
Daily C-500™ is created from a select group of 28 foods to fully represent each food compound class. This representation is called the Complete Active Range™. Each tablet of **Daily C-500™** includes foods such as oranges, lemons, spinach, kale, carrots, tomatoes, wild blueberries, peppers, and more. No other vitamin C supplement provides as much or as many vitamin C rich foods as **Daily C-500™** by RightFoods™.

IS YOUR VITAMIN C COMPLETE?

With a few exceptions, vitamin C supplements are made with ascorbic acid. What most people do not know is that ascorbic acid is only a part of how vitamin C naturally exists in food and in the human body. Vitamin C as it exists in nature is actually an intricate network of several different food compounds including bioflavonoids, ascorbigen, ascorbic acid, and enzymes that are attached together to create a synergistic complex that works together (see figure 1). It is this complex that is responsible for vitamin C's inherent antioxidant



activity and vitamin status. Research has shown that chemically isolated forms of vitamin C have significantly reduced vitamin and antioxidant activity compared to vitamin C that exists naturally in food. The enhanced antioxidant activity of ascorbic acid in food is a result of the synergistic relationship between the food compounds, enzymes, ascorbic acid and other components within the food and *not the ascorbic acid itself*. The vitamin and antioxidant activity of **Daily C-500™** is enhanced by the inclusion of vitamin C rich foods. Food compounds not only have health benefits, but they also act as "helping hands," guiding the absorption and delivery of vitamin C to the cells that need it most. This delivery mechanism, defined as utilization, is where good health begins. Without efficient utilization, the nutritional value of dietary supplementation is diminished.



THE FUNCTIONAL ARCHITECTURE OF VITAMIN C COMPLEX
figure 1



Supplement Facts

Serving Size 1 Tablet

Amount per Serving	% Daily Value ▼
Vitamin C (Vitamin C, Orange)	500 mg 833

Bioflavonoids - RightFoods™ bioflavonoid complex contains 16 truly organic bioflavonoids: Flavanone, Glycosides, Naringin, Neohesperidin, Hesperidin, Flavone Glycosides, Rhoifolin, Luteolin, Neodiosmin, Flavon Aglycones, Tetra-O-Methylisocutellaren, Sinensetin, Isosinensetin, Tangeritin, Nobiletin, 5-O-Desmethylnobiletin.

Complete Active Range™ Food Compounds:

Terpenes (Carotenoids: Carrot 3:1), (Limonoids: Orange 3:1, Lemon 3:1), (Saponins: Alfalfa 3:1), (Lycopene: Tomato Extract 4:1); **Phenols** (Betanin: Beet 3:1), (Anthocyanins: Cranberry 25:1, Wild Blueberry 6:1), (Flavonoids: Citrus 3:1, Acerola 4:1, Rose Hips 4:1), (Isoflavones: Kudzu 10:1); **Amines** (Chlorophyll: Hydrilla 50:1), (Enzymes: Green Papaya 3:1); **Polysaccharides** (Rice Bran 3:1, Shiitake 3:1), (Pectin: Apple 3:1); **Organosulfurs** (Indoles: Cabbage 3:1), (Sulforaphanes: Broccoli 5:1), (Isothiocyanates: Kale 3:1), (Thiosulfonates: Onion 3:1); **Lipids** (Omega-3: Flax 3:1), (Sterols: Pumpkin Seed 4:1), (Isoprenoids: Spinach 3:1); **Organic Acids** (Ellagic Acid: Black Currant 3:1), (Coumaric Acid: Green Pepper 5:1) 250 mg **

Total Food & Herb Fresh Weight is 1,850 mg.

** Daily Value not established.
 † Amino Acid Chelates are superior to many other mineral forms.
 †† Carotenoids include Lutein, Zeaxanthin, Cryptoxanthin, Alpha-Carotene, and Lycopene.

ASCORBIC ACID VS. VITAMIN C

Ascorbic acid, a derivative of vitamin C was first isolated in 1937 by Albert Szent-Györgyi, a biochemist who won the Nobel Prize for this discovery. Szent-Györgyi isolated ascorbic acid from red peppers during his quest to develop a cure for scurvy. Scurvy is a disease that is caused by a nutritional deficiency of vitamin C. He originally cured scurvy by using a concentrated extract of red peppers. As a scientist he wanted to determine what substance in the red pepper extract was responsible for curing scurvy. He successfully isolated a fraction from the red pepper extract and called it ascorbic acid, to represent vitamin C. To his dismay, he found that this isolated compound was one-tenth as effective in curing scurvy as the red pepper extract. Szent-Györgyi himself explained to the scientific community that vitamin C as it exists in food is far more nutritious than isolated vitamin C, referred to as, ascorbic acid.

Despite the low vitamin and antioxidant activity of ascorbic acid, it is still widely used for supplemental vitamin C. Ascorbic acid is very inexpensive and easy to create in a lab. Even with the advancement of science, vitamin C as a whole complex has yet to be isolated from food.

For a healthy nutritional foundation take **Daily C-500™** with one of the following Food Compound Vitamins by RightFoods™: Complete Life™, One Daily™, One Daily Iron Free™, Women's Daily™, Men's Daily™, Women Over 40™, and Senior's Daily™. It is prudent to consult with your health care professional and/or pharmacist before taking supplements with prescription or over-the-counter medications.

A small apple contains only 5.1 mg of Vitamin C. But that same apple contains polyphenols and flavonoids - beneficial food compounds that equal the effect of 1,500 mg Vitamin C.

Source: NATURE, Vol 405, pg 903

**All of RightFoods™ products are FREE from Corn, Dairy, Wheat, and Yeast.
 All are formulated WITHOUT Artificial Colors, Flavors, Sugars, or Preservatives.
 Free of GMOs based on average analysis. Tested Six Times For Potency And Purity.**

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