

The Champion of Vitamin C

Dr. Linus Pauling, Nobel Laureate

Prof. Linus Pauling is the only man in the world to have won 2 Nobel Prizes, first on research on the importance of Vitamin C in our bodily defense, and second for the cause of world peace.

According to Prof. Pauling, "People who take vitamins in optimal amounts can live 25 to 35 years longer than otherwise. More than that, they will be free of diseases. This optimum nutrition cuts down the probability of developing cancer, or heart disease or diabetes, or infectious diseases."

Prof Pauling himself took mega doses of daily 18,000 mg of Vitamin C and other vitamins. He led a very fruitful and healthy life until 19 August, 1994, when he died of old age at age 93.

Dr. Tan Shot Yen, Sodium Ascorbate Is The Best Form Of Vitamin C



- There are 3 forms of Vitamin C: Ascorbic Acid, Calcium Ascorbate and Sodium (Sodium) Ascorbate.
- Recommended as the best is Sodium Ascorbate.**
- Vitamin C that is soluble in fat is Ascorbic Acid through esterification process (Vitamin C Ester). Vitamin C Ester can protect fat cells, whereas Ascorbic Acid Vitamin C that are water soluble do not protect fat cells.
- Vitamin C has very important role for fat metabolism, immunity and healing functions, endocrine function, anti-poison and anti-allergy functions, as well as antioxidant functions, the best therapy for almost all the virus, including polio, hepatitis and herpes.
- Improves collagen production, important for stimulating neurotransmitters, including dopamine, serotonin, acetylcholine.
- The level of Vitamin C in the tissue is lower as compared with that in the blood stream, because of this, "opti-dosing" (as in optimum dose allowance) is necessary.
- There is no cases of toxicity due to overdosing of Vitamin C. Diarrhea is an indicator of overdose of Vitamin C.
- In Australia, doctors are known to prescribe more than 300gram per day for serious cases.
- The formation of the oxalate kidney stones is not caused by the consumption of Vitamin C. Cathcart's research actually found the opposite to be true, that patients who have the oxalate kidney stones tended to not have the problem again after being on Vitamin C.
- The recommended supplementation for Vitamin C is above 500 mg per day (Optimal Dose: 6,000-12,000 mg per day). Below 500 mg per day will result in the opposite effect from the antioxidant effect of Vitamin C.

Dr. Fia-Fia, Between Non-Acidic Vitamin C, Pure Water, and Sleep.



With her tight and demanding schedules, Fia must stay fit everyday. Fortunately, Fia has a secret to maintain her fitness, which is consuming Vitamin C, drinking lots of water and having enough sleep.

Fia explains, every day we must consume 10 tablets of Vitamin C. "The Americans have been taking Vitamin C because they know it is a healthy thing to do," Fia said. However, the choice of Vitamin C must be correct. The lady who claims that she is still single, said that **the Vitamin C she consumes is alkaline (non-acidic).**

"Don't take Vitamin C that is acidic because that can damage your gum," suggested Fia. Vitamin C helps in many functions, such as keeping our body fit and giving us vitality, brighter skin, and cancer therapy. "Including preventing coming down with Bird Flu" Fia said with a smile. Besides consuming Vitamin C, Fia drinks lots of water and eats lots of fruits and vegetables. Modern people snack a lot, so we have to take more fiber.

Having enough sleep has good effect on our body shape. "Minimum sleep of eight hours a day is good for health," Fia said. She admits her hobby is sleeping. If she is not sleeping in on the weekend, Fia enjoys hanging out with friends. "Yup, hanging out is also a 'medicine' to maintain a nice body shape," she smiled.

"There are many Vitamin C products in the market, but my recommendation is Alkaline-C." Dr. Fia-Fia

Alkaline-C™

Non-Acidic Vitamin C

FOOD SUPPLEMENT
SODIUM ASCORBATE 600 mg



Look Younger Feel Better

The **FIRST** Alkaline (NON-ACIDIC)
Sodium Ascorbate Vitamin C capsule
in Indonesia

Vitamin C, Health, and Beauty



VITAMIN C is a water soluble antioxidant that is essential for life and for maintaining optimal health. It is required for at

least 300 metabolic functions in the body. There are very few, if any, biological functions that do not require Vitamin C.

Vitamin C plays a major role in keeping the immune system working efficiently and helps build Collagen, the stabilizing tissue in the bone, muscle and skin. As an antioxidant, Vitamin C is one of our best defenses against the cell-damaging effects of free radicals.

Almost all animals and plants produce their own Vitamin C. There are some exceptions, such as humans and a small number of other animals. Since the body cannot manufacture Vitamin C, it must be obtained through diet in the form of supplements.

pH Factor and Health

pH means POTENTIALITY to HYDROGEN. It measures the equilibrium of acid and base in the body. The higher the pH reading, the more alkaline and oxygen-rich the fluid is. The lower the pH reading, the more acidic and oxygen-deprived the fluid is.

The pH range is from 0 to 14, with 7.0 being neutral. Anything above 7.0 is alkaline, anything below 7.0 is considered acidic.

All healthy humans begin life with most of the body fluids and tissues in a slightly alkaline state (high pH). Over time, in modern society, the body tissues and fluids often become acidic (low pH) from the foods, drinks, prescription drugs, pollution and stress, that are taken in on a daily basis.

When we are acidic, we are more prone to chronic diseases and cancer. When we are alkaline, we are able to stay away from diseases and cancer.

Acidosis

Acidosis is an increased acidity of the blood plasma, and can result in irreversible cell damage. (Needham, 2004).

Frequent Colds, Bronchitis, Infections and Headaches. Acidic blood pH allows microbes in our respiratory systems to multiply quickly, and triggers bronchitis, pneumonia and sinusitis, resulting in cough, asthma, colds, pulmonary infections and headaches.

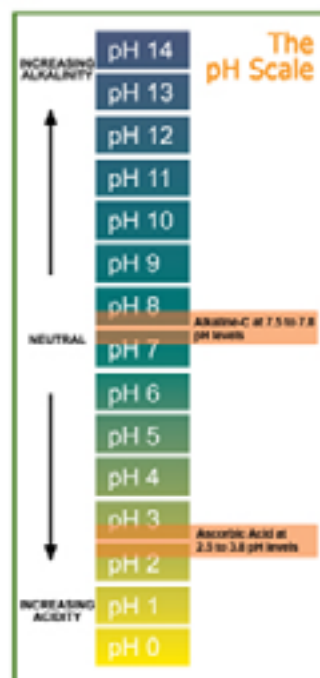
Allergies. Undigested proteins being absorbed due to dysfunctional metabolism arising from an acidic body, triggering a wide range of allergic reactions; the immune system is been activated to respond to normally harmless "invaders".

Chronic Fatigue. Increased acidity leads to reduced oxygen level in our body. Production of enzymes, hormones or other chemical components necessary for cell energy and organ functioning is also greatly reduced. All these lead to tiredness, fatigue, and low energy.

Obesity. Acids get stored in fat cells. Fat cells and cellulite deposits keep acid wastes away from our vital organs, and prevent them from damage. A return to a healthy alkaline state helps reduce excess fat.

Cancer. There have been two theories on the basic causes of cancer:

1. Oxygen Deficiency Theory by a German Nobel Prize biochemist, Dr. Warback, who discovered that if oxygen is removed from a healthy cell, the cell will start to turn cancerous.
2. Acidic Cells Theory, by a Japanese doctor, Dr. Airashi, who showed that cells that survive in acidic environments will eventually develop cancerous characteristics.



Why Alkaline-C Is Better

Alkaline-C is Vitamin C in Sodium Ascorbate form. It is NON-ACIDIC (alkaline). With a pH range of 7.5 to 7.8, you can take as much Alkaline-C as you want without the negative effects of highly acidic Vitamin C tablets. Other Vitamin C is acidic (pH 2.5 - 3.8) and cause gastric irritation, bloating, and intestinal irritation.

Alkaline-C dissolves and is absorbed faster than ordinary acidic Vitamin C. Not only that, Alkaline-C is also absorbed more effectively.

5X Superior :

1. Alkaline. Non Acidic.
2. Friendly On Stomach.
3. Fast Dissolving, Fast Absorbing and Fast Acting.
4. Used In Medical Applications.
5. Swiss Quality and Safety.

Benefits of Alkaline-C

1. As a very strong / potent antioxidant, strengthens immunity functions, protects the body against flu, virus and bacteria infections.
2. Safeguards the heart and cardiovascular system from bad cholesterol build-up.
3. Gets rid of accumulated toxins like heavy metals, pesticides and other pollutants taken in by our body.
4. Helps form Collagen, which is good for anti-aging, reducing wrinkles and increasing overall skin beauty.
5. Acts as natural anesthetics and as anti-inflammatory.
6. Helps ease mental stress & protects against stress-related disorders.
7. Strengthens blood capillaries & vessels.
8. The antihistamine effects of Alkaline-C enable people to eat food they otherwise could not eat.
9. Helps speed up wound and surgery recovery.
10. Helps protect against cancer by preventing nitrosamine forming.
11. Reduces insulin requirements of diabetics.