

DuoLife

Vita C Powder

Food supplement

DuoLife Vita C Powder is a food supplement based on 100% natural ingredients. The supplement meets the requirements of those looking for a product to supplement vitamin C deficiencies, which can lead to lower immunity, reduced energy and many other disorders related to the cardiovascular system, muscle function, and the condition of the skin and gums.



The power of powder



Better together



Complementary



Always with you



100% natural



Vegan

When to use DuoLife Vita C Powder?

Everyone should constantly take vitamin C in their food because, like any typical vitamin, it is not produced by the human body. Its deficiency can contribute to lowered immunity, decreased energy and many other disorders affecting the function of blood cells, blood vessels, muscles, skin and gums^{1,2}. First signs of vitamin C deficiency include quick fatigue, no appetite, tendency to bruises, bleeding gums, and joint and muscle weakness¹.

During periods of increased demand for vitamin C, such as the spring and autumn equinoxes or the winter season, in which we are more prone to catching cold, as well as in times when the body is weakened by viral and bacterial infections and during recovery, it is worth to boost the intake of this valuable vitamin through appropriate supplementation.

Due to its high vitamin C content, DuoLife Vita C Powder is intended to be used to support optimal body functions in times of increased demand for this vitamin, for example:

- ▶ during periods of increased physical activity and by people wishing to maintain a good condition of their joints;
- ▶ by people wishing to maintain a youthful appearance of their skin;
- ▶ during the spring, autumn and winter seasons, conducive to colds;
- ▶ in periods of body weakness and during recovery;
- ▶ in people with malnutrition, elderly, following a diet poor in vitamin C;
- ▶ in people exposed to chronic stress;
- ▶ in people experiencing chronic tiredness and fatigue;
- ▶ as a support during acute viral and bacterial infections;
- ▶ as a support in recurrent inflammation of the upper respiratory tract and urinary tract;
- ▶ as a support in people with elevated blood pressure and high blood glucose levels.

The demand for vitamin C also rises in tobacco smokers, who should increase their supply of this valuable vitamin. To achieve a plasma level of vitamin C comparable to non-smokers, their intake should be about 40% higher³.

How does DuoLife Vita C Powder work and how to use it?

DuoLife Vita C Powder comes in sachets containing natural vitamin C derived from a number of plant extracts, including rosehips, amla fruit and buckwheat sprouts. Additionally, the sachets also contain a proprietary Phyto-C® formula based on 11 vegetables and fruits, the so-called superfoods, which, apart from providing another portion of vitamin C, is also rich in polyphenols, which exhibit antioxidant properties, eliminating oxygen free radicals.

Why take DuoLife Vita C Powder?

The natural vitamin C contained in DuoLife Vita C Powder supports:

- ▶ the body's immunity, promoting protection against colds; it may also promote a reduction in the duration of infections⁴⁻⁶;
- ▶ antioxidant processes and protection against oxidative stress^{4,6-9};
- ▶ connective tissue function, including bone and joint system function, as well as articular cartilage, bones, ligaments, tendons, gums and teeth function^{4,6,8,9};
- ▶ endogenous biosynthesis of collagen in the body^{4,6,8,9};
- ▶ skin condition, helping to maintain its firmness and elasticity^{8,9};
- ▶ cardiovascular functions and normal blood clotting process⁴;
- ▶ nervous system function, memory and concentration⁴;
- ▶ optimal energy and vitality, helping to reduce fatigue⁴;
- ▶ post-exercise recovery, contributing to a reduction in blood cortisol levels¹⁰;
- ▶ fat burning processes during exercise¹⁰;
- ▶ regulation of lipid metabolism (maintaining cholesterol levels at optimal levels)¹¹;
- ▶ absorption of iron from the digestive tract^{4,6}.

i Instructions for use:

1 sachet per day. Dissolve the contents of the sachet in a glass with water or other cool liquid and mix well. Consume immediately after preparation. Do not exceed the recommended daily dose.

Food supplements should not be a substitute for a varied diet. A balanced diet and healthy lifestyle are essential for the proper functioning of the body.

In case of any doubts regarding the use of the food supplement, please consult a doctor or a pharmacist.

i **Ingredients:** lime juice concentrate powder, sweetener: isomaltulose (Palatinose™)*, rosehip (*Rosa canina*) fruit extract 20:1 standardised to 70% vitamin C content, amla (*Phyllanthus emblica*) fruit extract 10:1 standardised to 70% vitamin C content, natural orange flavour, Phyto-C® – proprietary formula based on 11 vegetables and fruits in varying proportions standardised to 15% polyphenols content and 12% vitamin C content [acerola (*Malpighia glabra*) fruit extract, green coffee bean extract, green tea (*Camellia sinensis*) leaves extract**, turmeric root (*Curcuma longa*) extract, bilberry (*Vaccinium myrtillus*) fruit powder, strawberry (*Fragaria × ananassa*) fruit powder, maqui (*Aristotelia chilensis*) berry powder, acai (*Euterpe oleracea*) berry powder, sweet cherry (*Prunus cerasus*) fruit powder, kale (*Brassica oleracea* var. *sabellica*) leaf powder, broccoli (*Brassica oleracea* var. *italica*) crown powder], common buckwheat (*Fagopyrum esculentum*) sprout extract 100:1 standardised to 40% vitamin C content, anti-caking agent: silicon dioxide (from rice), sweetener: steviol glycosides from Stevia, natural grapefruit flavouring.

* Isomaltulose (Palatinose™) is a source of glucose and fructose.

** The daily dose of the product contains 12 mg of catechins and 6.4 mg of epigallocatechin-3-gallate sourced from green tea leaf extract.

Phyto-C® is a trademark of VDF FutureCeuticals, Inc. used under licence.

Active ingredients content in the daily dose of the product	1 sachet (7 g)
Rosehip (<i>Rosa canina</i>) fruit extract	920 mg
including vitamin C	644 mg
Amla (<i>Phyllanthus emblica</i>) fruit extract	360 mg
including vitamin C	252 mg
Phyto-C® (proprietary formula based on 11 vegetables and fruits in varying proportions)	200 mg
including vitamin C	24 mg
Buckwheat (<i>Fagopyrum esculentum</i>) sprout extract	200 mg
including vitamin C	80 mg
Total natural vitamin C (L-ascorbic acid) content	1000 mg (1250% NRV***)

*** NRV – Nutrient Reference Value for an average adult.

What is the effect of DuoLife Vita C Powder's proprietary formula based on 11 vegetables and fruits?

The formula contains 11 health-promoting plants (*superfoods*) in the form of extracts or powdered raw materials. All the plants included in the formula are valuable sources of bioactive ingredients, especially polyphenols, which exhibit antioxidant properties, eliminating oxygen free radicals¹². The antioxidant action is extremely valuable, and helps to support optimal cardiovascular and nervous functions (including memory and concentration) and musculoskeletal and skin functions¹²⁻¹³. Antioxidants are also a natural skin protection against harmful effects of UV radiation (protect against skin sun burns and photoageing)¹²⁻¹³.

Superfoods is the term for unprocessed natural foods, rich in active ingredients and nutrients, which, when introduced to the daily diet, supplement it with antioxidants, essential amino acids, fibre, vitamins and minerals^{14,15}.

The extracts of rosehip, amla fruit and buckwheat sprouts contained in DuoLife Vita C Powder are extremely valuable sources of vitamin C

Rosehip is a fruit with an extraordinary content of vitamin C – 100 g of fresh fruit supplies as much as 680–1200 mg of vitamin C⁴. Natural vitamin C found in the rosehip is easily absorbed by the human body, and it is 3 to 5 times more active than its synthetic analogue¹⁵. The rosehip contains over 130 active compounds¹⁶⁻¹⁸. Apart from vitamin C, it contains a wealth of antioxidants, vitamins E, K, many B vitamins, as well as minerals such as potassium, calcium, magnesium, phosphorus and iron.

Amla (Indian gooseberry), thanks to its high vitamin C¹⁹ content, supports the functions of the immune system, skin, muscles, joints and haematopoietic system. In addition, it helps to keep the skin, hair and nails in good condition²⁰.

Buckwheat sprouts are a valuable food product with a high content of vitamins (especially vitamin C), minerals, organic acids and antioxidant polyphenols (rutin, quercetin and others). They have been shown to promote the minimisation of inflammatory processes and antioxidant activity, and help maintain normal blood pressure and blood cholesterol levels²¹.

Did you know that the sweeteners in the sachets are natural and have valuable properties?

Palatinose™ is a naturally derived carbohydrate often referred to as “smart” carbohydrate which, thanks to its extremely low glycaemic index, provides energy in a more balanced way compared to other sweeteners. Its main features include support for increasing the efficiency of fat burning during exercise and enhancement of energy efficiency. Equally interestingly, it is the first carbohydrate that does not cause tooth decay²².

Steviol glycosides are completely natural sweeteners. Stevia (*Stevia rebaudiana*) is a plant used in South America for centuries. Steviol glycosides are a group of valuable plant-based ingredients. They are 300 to 400 times sweeter than sugar and that is why they are added to DuoLife Vita C Powder in very small amounts. Steviol glycosides have zero calories and are not absorbed in the human gastrointestinal tract²³. Scientific research has shown that stevia can be safely used in the daily diet. There is no doubt that bringing stevia to the food market is the first step towards changing bad dietary habits associated with the overuse of sugar in the everyday diet²⁴.

What makes DuoLife Vita C Powder so special?

- ▶ **100% natural ingredients**, including as many as four sources of **exclusively natural vitamin C** – plant extracts with **standardised** natural vitamin C content.
- ▶ **Very high content of natural vitamin C – 1000 mg in 1 sachet!**
- ▶ Contains **Phyto-C®** – a proprietary formula based on **11 superfoods**.
- ▶ **Complementary product to Vita C Liquid Formula**, but **with an entirely different composition!**
- ▶ **Better together – use together with DuoLife Vita C Liquid Formula** and support your body with **the full spectrum of ingredients**. The liquid form allows you to use the full biological background in the form of fruit juices – sources of vitamins, minerals and antioxidants. The sachets are a treasure trove of concentrated active ingredients, in high portions for optimal absorption.
- ▶ **Synergic action** of all ingredients.
- ▶ **Complete ingredients – with their biological background maintained**, improving their bioavailability.
- ▶ DuoLife Vita C Powder is a formulation containing not only the natural vitamin C but also its valuable natural, stabilising and synergistic “biological background”, including flavonoids, phenolic acids and carotenoids, plant enzymes, zinc, magnesium, and vitamins B2 and B6. In this form, in its natural complex environment, vitamin C is better assimilated and more effective, as it reaches its necessary levels in the body faster, and maintains them for longer^{16, 17, 25}.
- ▶ **Convenient form of use** – servings in sachets for direct addition to liquid.
- ▶ **The product does NOT contain preservatives, artificial fillers, artificial sweeteners, artificial colours and flavours, and is GMO-FREE** – the raw materials used to develop the supplement are NOT derived from genetically modified plants.
- ▶ **The product is GLUTEN-FREE** – can be used by people with gluten intolerance.
- ▶ **The product is suitable for vegans and vegetarians.**

i Reference list for DuoLife Vita C Powder formulation can be found in the separate sheet of the binder.

References

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