



## Flavo PlexC™

### Vitamin C with Pure Flavonoids & Plant Extracts

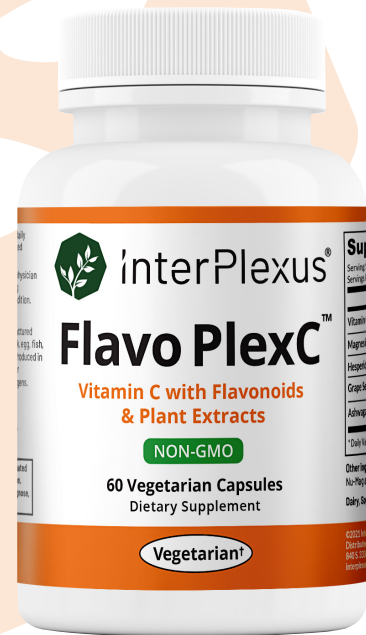
**A potent blend of vitamin C, plant extracts, and bioflavonoids to encourage a healthy immune response and improve antioxidant levels.\***

- **Vitamin C**
- **Ashwagandha Root Extract**
- **Grape Seed Extract**
- **Hesperidin**

The immune system is constantly challenged through exposure to allergens, microbes, and other invaders. Normally the body is able to regulate its immune response; however in some situations the response may be sluggish or inappropriate and may require modulation.

#### How does Flavo PlexC™ work:

Flavo PlexC™ is formulated using vital nutrients and plant extracts to help modulate the immune response in conditions of increased oxidative stress like illness or chronic stress or in the face of allergies. Magnesium ascorbate, a mineral salt of ascorbic acid, is used as the source of vitamin C. It is a less acidic or “buffered” form of vitamin C that also provides a significant amount of magnesium.



#### Supplementation with Flavo PlexC:

- Supplies antioxidants\*
- Protects tissues from free radical damage during times of oxidative stress\*
- Decreases histamine release and concentration\*
- Helps stabilize blood vessel integrity and permeability\*
- Stimulates immune system activity\*
- Improves response to stress\*



Dairy Free



Soy Free



Egg Free



Gluten Free



Non-GMO



Vegetarian

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health concerns.

# Flavo Plex<sup>™</sup>

## Vitamin C

Vitamin C is a versatile nutrient found mostly in plant foods, especially citrus fruits and leafy greens, as it provides resistance to the oxidative stresses created during photosynthesis. This essential water-soluble vitamin must be provided in the diet as humans (and a few other animals like guinea pigs and fruit bats) lack the enzyme to synthesize it. Vitamin C is required for the healthy structure and function of the body and vitamin C status may even be linked to rates of survival. Several large-scale prospective cohort studies have supported a correlation between vitamin C and a lower risk of mortality and cardiovascular diseases.<sup>1,2</sup> Vitamin C is required in the formation of bones, muscles, and cartilage.<sup>3</sup> Additionally, vitamin C is an important antioxidant, modulator of the immune system and is used to make neurotransmitters.<sup>3</sup> It is considered an "immunostimulant" because it encourages immune cell activity against pathogens.<sup>3</sup> Vitamin C also inhibits histamine secretion by mast cells and lowers blood histamine levels, thereby improving allergy symptoms.<sup>4</sup>

## Hesperidin

Flavonoids (bioflavonoids) are polyphenolic plant chemicals found throughout the plant kingdom which provide a variety of physiological benefits.\* It is believed that they work synergistically with vitamin C as antioxidants and anti-allergens. Hesperidin is a flavonoid found especially in citrus fruits.

Hesperidin has been shown to be beneficial to both the cardiovascular and neurological systems. In animal models, hesperidin use reduced the incidence of strokes and neurological diseases.<sup>5</sup> Clinically, hesperidin was shown to reduce diastolic blood pressure after four weeks of supplementation.<sup>6</sup> In a separate clinical trial of participants with metabolic syndrome, an improvement in endothelial function was seen following hesperidin administration, possibly due to an increase in nitric oxide production.<sup>7</sup> In the same trial, hesperidin administration reduced circulating levels of inflammatory biomarkers and pro-atherogenic compounds.<sup>7</sup>

**Ashwagandha (*Withania somnifera*) root extract**  
Ashwagandha, *Withania somnifera*, is an Ayurvedic herb used as an adaptogen, an antioxidant, and an anti-inflammatory which assists the body to perform its best in cases of acute and chronic stress.\*<sup>8</sup> In-vitro studies have proven ashwagandha's activity against cancer cells.

Withanolides, one of the active constituents in ashwagandha extracts, are considered to be responsible for its adaptogenic and glucocorticoid-like effects.<sup>9</sup> Clinically, ashwagandha, administered with cow's milk, was shown to increase the activation of lymphocytes, thereby increasing immune system activity.<sup>8</sup> As an adaptogen, this herb has been shown to improve outcomes from perceived stress clinically.\*<sup>10</sup>

## Vitamin C with Pure Flavonoids & Plant Extracts

### Grape Seed Extract (*Vitis vinifera*)

Red grape seed extract is rich in the flavonoid proanthocyanidin, which is an effective antioxidant, anti-inflammatory, and blood vessel stabilizer.\*<sup>11</sup> In a study of 16 women, a standardized dose of grape seed extract was shown to decrease stasis edema in the lower legs after sitting for several hours.<sup>11</sup>

## Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 30

	Amount Per Serving	% DV
<b>Vitamin C</b> (As Magnesium Ascorbate)	<b>500 mg</b>	<b>555%</b>
<b>Magnesium</b> (From Magnesium Ascorbate)	<b>190 mg</b>	<b>45%</b>
<b>Hesperidin</b>	<b>300 mg</b>	<b>**</b>
<b>Grape Seed Extract</b> (95% Proanthocyanidins)	<b>100 mg</b>	<b>**</b>
<b>Ashwagandha Root Extract</b>	<b>180 mg</b>	<b>**</b>

\*\* Daily Value (DV) not established.

**Other ingredients:** Cellulose (from capsule), Organic Rice Flour, Nu-Mag and Nu-Flow.

**Dairy, Soy, Egg & Gluten Free. Vegetarian<sup>†</sup>**

**Suggested Use:** Take 2 capsules daily preferably with a meal or as directed by your physician.

**Caution:** For adults only. Consult physician if you are pregnant/nursing, taking medication, or have a medical condition.

**Keep out of reach of children.**

**Allergen Information:** Not manufactured with yeast, soy, wheat, gluten, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

**Store in a cool, dry place.**

**†Suitable for Vegetarians.**

**Manufactured in the USA in a GMP compliant facility.**

## References:

- McRae MP. *J Chiropr Med.* 2008;7(2):48-58
- Pocobelli G, Peters U, Kristal AR, White E. *Am J Epidemiol.* 2009;170(4):472-483.
- Sorice A, Guerriero E, Capone F, et al. *Mini Rev Med Chem.* 2014;14(5):444-452.
- Helms S, Miller A. *Altern Med Rev.* 2006;11(3):196-207.
- Li C, Schluesener H. *Crit Rev Food Sci Nutr.* 2017;57(3):613-631.
- Morand C, Dubray C, Milenkovic D, et al. *Am J Clin Nutr.* 2011;93(1):73-80.
- Rizza S, Muniyappa R, Iantorno M, et al. *J Clin Endocrinol Metab.* 2011;96(5):E782.
- Mikolaj J, Erlandsen A, Murison A, et al. *J Altern Complement Med.* 2009;15(4):423-430.
- Head KA, Kelly GS. *Altern Med Rev.* 2009;14(2):114-140.
- Chandrasekhar K, Kapoor J, Anishetty S. *Indian J Psychol Med.* 2012;34(3):255.
- Sano A, Tokutake S, Seo A. *J Sci Food Agric.* 2013;93(3):457-462.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.