



# DON'T LET A COLD KEEP YOU DOWN

We all know what it's like to have our plans derailed by a bout of flu. We're suddenly at the mercy of our weakened body and all we feel like doing is curling up in bed. Ever had it happen when you're just about to go on vacation? How about when you're chasing a crushing deadline? Wouldn't it be great if you didn't catch a cold so often?

The key is in making sure that our immune system is strong and healthy to protect ourselves from illnesses and diseases. One of the best ways to boost your immunity is to increase your intake of Vitamin C, which is a vital nutrient for health and a key component of many metabolic processes in your body. Apart from powering up your immune system, it also helps form and maintain bones, skin and blood vessels, fight infections, prevent blood clots, regenerate damaged skin tissues, and build collagen.

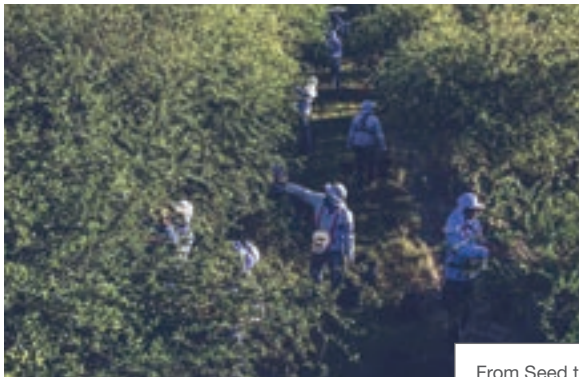


Unfortunately, our bodies don't make Vitamin C, or store it very well either, so it's important that we regularly eat food or supplements that provide enough to meet our daily needs, that is both potent and effective. When we think of sources of Vitamin C, the first thing that comes to mind are citrus fruits like oranges. But did you know that there is actually another fruit that is one of the richest sources of Vitamin C on the planet? Yup, it's the mighty Acerola Cherry.



## Acerola Cherry: A Rich Source of Natural Vitamin C

The Acerola Cherry is a super fruit that originates from Central and South America. Traditionally used as a remedy for scurvy, it contains high levels of antioxidants which help cleanse the body of dangerous toxins and substances. Acerola Cherry also contains carotenoids which help protect our eye health and boost the health of our skin, and bioflavonoids which help boost our cognitive function and prevent the onset of other age-related diseases.



This super fruit can also help regulate cholesterol levels, protect against atherosclerosis (hardening of the arteries) and stops blood clots from forming. The anthocyanins in the cherry are helpful in treating the common cold, gum infections, sore throat and hay fever. Acerola Cherry is good for the health of your heart as well, as it is a rich source of potassium which increases blood

flow while reducing blood pressure. Considering all these health benefits, it's easy to see why you should incorporate Acerola Cherry into your daily diet.



From Seed to Supplement: Our farm in Ubajara, Brazil, is the largest Acerola Cherry farm in the world.

# 500mg



*Bio C Plus All Day Formula*

same as

# 7 oranges



*1 orange = 71mg Vitamin C*

or

# 5 cups of strawberries



*1 cup of strawberries = 100mg of Vitamin C*

or

# 6 grapefruits



*1 grapefruit = 83mg of Vitamin C*

or

# 16 lemons



*1 lemon = 31mg of Vitamin C*



## 别让感冒 使您心情低落

我们都知道患上一场感冒而扰乱我们的计划会有什么感觉。我们会突然间因为身体虚弱而六神无主，啥都不想做，只想躲在被窝里。有没试过当您快要去度假时却发生这种事？又或是当您正忙着赶工交差时？要是您没那么常患上感冒，那该有多好啊？

重点在于我们必须确保免疫系统健壮，以便保护自己免于患上各种疾病。提升免疫力的最佳办法之一，就是增加您的维生素C摄取量。这种营养素对您的健康非常重要，它也是人体内多种新陈代谢过程的一个关键成分。除了增强您的免疫系统，它还帮助构成与维持骨骼、肌肤与血管、抵抗感染、预防凝血、使受损的皮肤再生以及建构胶原蛋白。

遗憾的是，人体无法自己制造维生素C，也不能好好储存它，因此我们必须定时补充富含这种营养的食物和营养辅



助品，以满足我们的日常需求，而它们必须是强力而高效的。当我们一想到维生素C来源时，首先浮现脑海的是柑橘属水果如橙子，但您知不知道其实还有另一种水果是地球上最丰富的维生素C来源之一？没错，那就是功效强大的爱丝罗拉樱桃了。



## 爱丝罗拉樱桃: 丰富的 维他命C来源

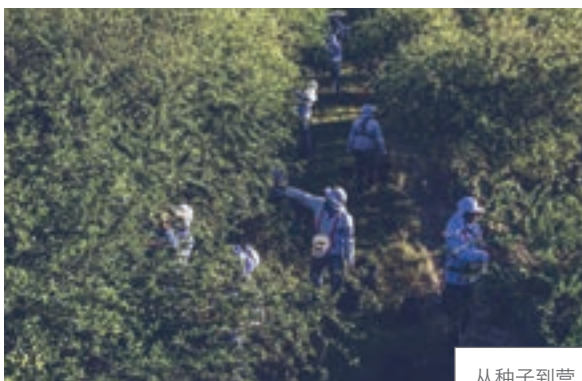
爱丝罗拉樱桃是源自中美洲和南美洲的一种超级水果。它传统上被用来医治坏血病，含有高水平的抗氧化物，能帮助排清身体里的危险毒素和有害物质。

爱丝罗拉樱桃还含有类胡萝卜素，能帮助保护我们的眼睛和促进皮肤健康，而生物类黄酮素则有助于提升我们的认知功能以及预防老年人常见疾病的发作。

这种超级水果还能帮助调节胆固醇水平、预防动脉粥样硬化以及制止凝血

的形成。樱桃里的花青素能帮助治愈感冒、牙龈感染、喉咙痛和花粉热。爱丝罗拉樱桃也对您的心脏有益，它含有丰富的钾，能加强血液循环，同时降

低血压。既然爱丝罗拉樱桃有这么多保健效益，它应被融入日常饮食里的原因显而易见。



从种子到营  
辅助品：  
我们位于巴西  
的Ubajara  
农场，是全  
世界最大规  
模的爱丝罗  
拉樱桃农场。

# 500 毫克



Bio C Plus 长效维他命C锭片

等同于

# 7 粒鲜橙



1粒鲜橙 = 71毫克维他命C

或

# 5 杯草莓



1杯草莓 = 100毫克维他命C

或

# 6 粒葡萄柚



1粒葡萄柚 = 83毫克维他命C

或

# 16 粒柠檬



1粒柠檬 = 31毫克维他命C