

Health Bulletin

“C” The Way To Health

(NAPSA)—Vitamin C is beneficial all year round, but it's especially important during cold and flu season. Research has shown that vitamin C can help shorten the duration of a cold.

“I tell my patients to get at least 500 mg of vitamin C daily and between 500 mg and 1,000 mg during the cold and flu season to keep their immune system operating at peak levels,” said Mark Moyad, M.D., preventive medicine expert.



It would take five glasses of orange juice to get the 500 mg of C in a vitamin supplement.

Getting enough of this powerful antioxidant from your daily diet is not easy. For example, you would have to eat five oranges or 42 peaches to get the minimal dosage. That's why health professionals recommend taking a vitamin C supplement.

However, not all vitamin C is the same. The supplement is typically taken in the form of ascorbic acid, which can upset the stomach. Pharmacists recommend a nonacidic form called Ester-C, made using a proprietary manufacturing process that makes it gentler on the stomach.

You can learn more online at www.ester-c.com.