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NUTRA C

NUTRA C is a dietary supplement based on C vitamin from *Rosehip*.

Glass bottle of 120 melt tablets (to melt in the mouth).

1 tablet = 40 mg C vitamin.

NUTRA C is a dietary supplement based on C Vitamin from *Rosehip* that contributes to the normal energy metabolism, the normal function of the immune system, the normal formation of collagen, the protection of cells from oxidative stress, the reduction of tiredness and fatigue and that increases the absorption of iron.

C Vitamin, also called *ascorbic acid* or *ascorbate*, is an essential nutrient, belonging to the group of water-soluble vitamins.

Men are not able to synthesize it, so it must be taken with the diet (foods of plant origin and, only marginally, liver and milk).

C Vitamin is known for its role:

- Immune and antioxidant.
- In the repair of body tissues.
- In the production of some neurotransmitters.
- In the functioning of numerous enzymes.

A lack of C Vitamin can lead to the onset of scurvy, as the collagen produced by the body is too unstable to perform its function and many other enzymes in the body can't function.