

FRILABIOL Vitality

Vitamin C

Vitamin C is an essential vitamin, meaning the body cannot synthesize it on its own.

It plays numerous roles in the body and is associated with important health benefits.

It is a watersoluble vitamin found in many fruits and vegetables, including: Oranges – Strawberries – Kiwi – Bell peppers – Broccoli – Kale – Spinach

The recommended daily intake is:

- 75 mg for women
- 90 mg for men

Although it is generally recommended to obtain vitamin C through diet, many people use supplements to meet their daily needs.

Likewise, many people take zinc lozenges or supplements at the first sign of illness — and for good reason.



Zinc

Zinc is one of the most abundant trace minerals in the human body and plays a crucial role in almost every aspect of health.



It is required as a cofactor for more than 300 enzymes, which means it is essential for their proper functioning.

- Studies show that this mineral can:
- Strengthen immune function
- Stabilize blood sugar levels
- Support skin health
- Support eye health
- Contribute to cardiovascular health

It is therefore essential to ensure an adequate daily intake.

EFFICACY AND INDICATIONS

- Powerful antioxidant capable of increasing blood antioxidant levels.
- May help reduce the risk of chronic diseases, including cardiovascular disease.
- Vitamin C supplements may help lower blood pressure, both in healthy individuals and those with hypertension.
- Associated with a reduced risk of heart disease (through lowering LDL "bad cholesterol" and triglycerides).
- Foods and supplements rich in vitamin C may reduce blood uric acid and the risk of gout.
- Enhances immunity by improving white blood cell function.
- Strengthens the skin barrier and promotes wound healing.
- Improves overall immune function.
- Supports blood sugar regulation.
- Contributes to cardiovascular health.
- May slow the progression of age-related macular degeneration.
- May reduce the duration of cold symptoms.
- Supports glucose regulation (noted again).
- May improve severe, inflammatory acne.
- May reduce the risk of cardiovascular disease.
- May slow the progression of macular degeneration.