

# C-Lyte®

| Contains 3 kinds of vitamin C |

## A better way to take your vitamin C

Energizing vitamin C helps keep your body in peak health and helps provides your immune system with 24-hour support.

### Benefits of C-Lyte

Vitamin C plus citrus bioflavonoids to support heart, bone and immune system health.†

Provides as much vitamin C as five cups of orange juice.

Vitamin C is essential for the growth and maintenance of all body tissues.†



Vitamin C is one of the safest and most effective nutrients needed to maintain good health. Diverse benefits of vitamin C include antioxidant protection, increased iron absorption and support for collagen production, which promotes the maintenance of cartilage, bones and teeth.

C-Lyte remains active in white blood cells for up to 24 hours, offering powerful immune support.



**ISAGENIX®**

## How does C-Lyte® compare to the competition?



One capsule  
(520 mg of  
vitamin C)



5 glasses of orange juice

Just one capsule of C-Lyte contains 520 milligrams of vitamin C, which is the equivalent to drinking more than five cups of orange juice. C-Lyte contains buffering minerals, calcium, magnesium and sodium to prevent stomach upset that can be associated with some vitamin C supplements.

## C-Lyte Frequently Asked Questions

### WHY IS C-LYTE IMPORTANT TO THE BODY?

Vitamin C, also known as ascorbic acid, is essential for the growth and maintenance of all body tissues. It's involved in many body functions, including the formation of collagen, absorption of iron, the immune system and the maintenance of cartilage, bones and teeth. The human body is unable to produce vitamin C, and therefore must be obtained from food and supplements such as C-Lyte. Vitamin C is one of the safest and most effective supplements. According to research, vitamin C may help to offer health benefits in these areas:

- Stress†
- Colds†
- Skin aging†

### HOW MUCH VITAMIN C SHOULD I BE GETTING DAILY?

According to dietary intake and the U.S. Dietary Guidelines, adults and children may not get enough vitamin C in their diets - orange juice quickly loses the vitamin C content because it oxidizes quickly with light and air. Vitamin C is not stored in the body (excess amounts are excreted), so taking too much is not a concern. But it's important not to exceed the tolerable upper limit of 2,000 mg a day to avoid stomach upset and diarrhea.

### HOW DO I USE C-LYTE?

We recommend taking one capsule of C-Lyte daily.

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



For more information, contact your Isagenix Independent Associate: