

# The Master Nutrient – *Natural Vitamin C*



## Quantum Vitamin C Complex

*Natural-Source Vitamin C and Synergists*

*Extraordinary Immune, Nerve, Hormone and Mood Balancing Support\**



## Quantum Vitamin C Complex

### *Key Benefits*

- Well known, effective support to help **strengthen the immune system, maintain healthy gums, eyes and skin\***
- Contains **mood-enhancing compounds** which support **increased serotonin levels** in the brain\*
- Features the *richest* source of natural vitamin C on earth: Camu-camu berries wildcrafted from the Amazon rainforest
- A proprietary blend of “beyond organic”, nonhybrid natural vitamin C sources including South American Camu-Camu, acerola, Bulgarian rose hips, pristine barley grass concentrate and other nutritional co-factors — this exquisite blend contributes highly beneficial phytonutrients including bioflavonoids, quercetin, limonene, chlorogenic acid, silymarin (*and much more*) to activate powerful antioxidant protection.
- No synthetic vitamin C (ascorbic acid made in a test tube) *Absolutely no excipients, additives, fillers, corn or gluten*

**Vitamin C: Nutrient Extraordinaire.** Vitamin C is truly a nutrient extraordinaire. Research abounds to show that vitamin C is a key vital substance required for many fundamental processes in the body, including the biosynthesis of collagen, the activation of the fat-transporting molecule, carnitine; it assists in the manufacture of the hormones adrenaline and cortisone; it acts as an electron transporter in many enzymatic reactions; it helps protect the integrity of blood vessels; it is a promoter of healthy gums, an important factor in radiation protection, a regulator of cholesterol levels, a free radical detoxifier and an immune-specific, boosting agent.

### **But does your vitamin C product contain real vitamin C?**

**Probably not!** About 99% of all vitamin C products on the market today are synthetically made ascorbic acid – or variations such as calcium ascorbate, magnesium ascorbate or potassium ascorbate. Despite marketing claims, these laboratory-produced powders are **not** natural vitamin C — and far from it. They are chemically synthesized molecules manufactured in a test tube and are often made from genetically modified corn sugar. These synthetic molecules mimic only one component of the multitude of life-supporting nutrient complexes found in *real* natural vitamin C.

**Vastly Superior Benefits.** In the 1930's, Hungarian biochemist Dr. Albert Szent-Gyorgi searched for the elusive nutrient factor that prevented scurvy and thus, won the Nobel Prize in medicine for identifying vitamin C and its many health benefits. Although he successfully isolated the structure of the ascorbic acid molecule in his research, his studies clearly demonstrated the vastly superior benefits of consuming foods rich in natural vitamin C, rather than the synthetic version. For this reason, even though he was the dis-

coverer of ascorbic acid, he did not recommend its use! In fact, Dr. Szent-Gyorgi affirmed repeatedly that the best results occurred when people consumed vitamin C *in its natural form* as present in whole foods.

Today, many scientific studies have demonstrated vitamin C's important health-enhancing and antioxidant benefits. What many people may not know is that like Dr. Szent-Gyorgi's research, much of this research has been conducted using foods high in vitamin C, not synthetic ascorbic acid supplements. This is a very significant distinction — since many scientists and healthcare providers now emphasize the importance of obtaining all our nutrients

from whole nutrient sources such as found in **Quantum Vitamin C Complex.**

**Test-tube Vitamin C: No Thanks.** The proven health benefits associated with vitamin C are actually created by the entire, intricate, complex symphony of phytonutrients and supportive co-factors naturally found only in whole nutrient sources, *not* in isolated, synthesized molecules. In short, test-tube vitamin C simply cannot re-create the magnificent synergy of a whole-nutrient vitamin C complex.

**Don't Go Backwards.** Worse yet, taking synthetic ascorbic acid can make the body more acidic over time and steals from the body's calcium reserves, since the body must release calcium to neutralize the synthetic ascorbic acid. Higher acidity is associated with poorer health. Over time, taking synthetic ascorbic acid products may have negative effects on your health. Don't be fooled by products that advertise ascorbic acid along with rose hips or acerola — it usually contains only token amounts of the “real” nutrients — you're still getting mostly synthetic vitamin C.

“I take vitamin C for colds . . . I prefer to get mine from Camu-camu, the amazing Amazonian fruit that has the world's highest vitamin C content.”

— Dr. James Duke, USDA scientist and author of *The Green Pharmacy*

Many people have stopped using large dosages of synthetic vitamin C because they find that just 2 to 4 Vcaps daily of **Quantum Vitamin C Complex** gives them more effective **strengthening of their immune system, plus it is naturally energizing and mood-lifting.\*** It has the additional benefit of being **non-irritating to sensitive stomachs and bladders** (unlike synthetic vitamin C).

Although the amount vitamin C (per milligram) in Camu-camu appears low compared to synthetically derived vitamin C products, the effects on the human body are **incomparable**. Because of its natural nutrient symphony including bioflavonoids and other synergists, clinical evidence suggests that it is far more effective, milligram for milligram, than synthetic vitamin C (ascorbic acid) or esterified vitamin C.

Health care practitioners report the **extraordinary nutritional benefits for supporting the body's natural defense against internal invaders using only 2 to 3 Vcaps daily of Quantum Vitamin C which previously they had only achieved with mega doses of esterified vitamin C or mega doses of L-lysine.\***

**Get the Real Thing.** Bursting with the proven goodness of 100% natural vitamin C sources, **Quantum Vitamin C Complex** combines timeless nutritional wisdom with modern innovation. It contains a potent blend of wildcrafted, "beyond organic" nutrients, rich in natural vitamin C, along with their proven Super Nutrient synergists to provide a superior natural vitamin C product, safe and effective for the whole family (even pets).

**The Richest Source of Natural Vitamin C in the World.** Camu-camu is a well known, prized fruit in Japan but is almost unknown in the U.S. **Camu-camu Berries** are the richest source of natural vitamin C in the world. They contain up to 500,000 ppm of natural vitamin C as compared to oranges which provide only about 4,000 ppm. Camu-camu provides over **30 times more vitamin C than oranges**, 10 times more iron, 3 times more niacin, twice as much riboflavin, 50% more phosphorus and is a significant source of potassium. It contains a full array of vitamins, minerals and amino acids which aid in the absorption of vitamin C, including special phytonutrients: terpenes, alpha-pinene and d-limonene. Our Camu-camu berries are carefully and responsibly hand-harvested from the Amazon rainforest, then concentrated in a proprietary process that safeguards their naturally occurring vitamin C, bioflavonoids and other precious, synergistic co-factors.

**Way Beyond Ordinary Vitamin C.** We then blend our exclusive Camu-camu berry powder with other "beyond organic" vitamin C nutrients, including South American **Acerola Berries** (also called Barbados cherries), also very rich in vitamin C (up to 172,000 ppm of natural vitamin C), second only to Camu-camu. These berries contain the special phytonutrients: furfural, hexadecanoic acid and limonene. Another concentrated source of natural vitamin C is included: **Bulgarian Rose Hips**, a well known source of vitamin C.

**Super Nutrient Supporters.** This formula is supported by synergistic nutrients including the Super Food, young **Barley Grass** (picked when the shoots are at peak nutrition at 12 – 14 inches high) which has been used since antiquity, known to have been eaten by Roman gladiators for strength and stamina. Barley grass is 7 times richer in vitamin C than an equivalent weight of oranges and contains an incredible array of highly bio-available vitamins, including 13 times more beta carotene (a precursor of vitamin A) than carrots, B complex vitamins, niacin, folic acid, choline, pantothenic acid, as well as all known (*and as yet unknown*) nutrients needed to sustain and maintain life.

Barley grass also offers a rich source of highly bioavailable minerals including potassium, calcium, magnesium, potassium, iron, copper, phosphorous, zinc, manganese, and selenium, all in a highly complexed,

synergistic form. Barley grass's high mineral content helps alkalize the body and promotes an ideal pH. It contains 37 times the amount of calcium found in milk, 5 times the iron as found in spinach, and almost 25 times the potassium as the equivalent amount of wheat. Barley grass also contains high quality protein, is rich in chlorophyll (a natural detoxifier) and SOD (superoxide dismutase) enzymes. Barley grass is truly a Super Nutrient powerhouse.

**Hericium erinaceus** (both the whole concentrate and fermented mycelial extract), also called "Lion's Mane", is a type of traditional medicinal mushroom used for centuries which is world famous for its phenomenal immune-promoting factors. This Super Nutrient is included in our master vitamin C product for its dramatic immune-specific support of the nervous system. Exciting studies by Japanese researchers have isolated nerve growth stimulant factors in this plant that help cause brain neurons to grow and rejuvenate – greatly significant for the integrity of the interaction between the immune and nervous systems in maintaining health as well as supporting superior intelligence and faster reflexes.

**Wild-Grown Blue Green Algae** is included in this formula as one of nature's most superb foundational Super Foods with a wide range of nutritional factors including natural vitamins, minerals, chlorophyll, proteins and amino acids for superior immune support, fighting free radicals, increased energy levels and feeling of well being and fat loss support.

South American, nonhybrid **Artichoke Leaf Extract** is an important co-factor in this formula that supports healthy urine flow from the kidneys, promotes the flow of bile from the gallbladder, helps cleanse the liver of impurities and its bitter alkaloids assist in stimulating efficient digestion. It also helps maintain cholesterol levels that are already in the normal range. Artichoke extract contains special highly active phytonutrients including silymarin, chlorogenic acid, cynarin, sesquiterpene, lactone, caffeoylquinic acids and luteolin.

South American, nonhybrid **Parsley Concentrate** is a nutrient powerhouse with high levels of natural beta carotene, vitamin B12, chlorophyll, calcium and more vitamin C than citrus fruits. It supports the liver, uterus, spleen, kidneys and adrenal glands, purifies blood and body fluids; promotes good digestion and is an extraordinary immune system booster. It contains key flavonoids including furanocoumarins.

**Lycopene** (from South American nonhybrid tomato concentrate) is a powerful antioxidant with extensive research showing its benefits for the cardiovascular system, prostate, eyes, breasts and especially the immune system.

**The Vitamin C Super Food.** All together, these Super Food vitamin C sources combined with powerful, synergistic co-factors and transporters create **Quantum Vitamin C Complex**, a truly 100% natural and safe whole-nutrient vitamin C and bioflavonoid-rich supplement, safe and proven immune system support.\*

**Note:** Each Vcap contains approximately 55 mg natural-source vitamin C.

**Ingredients:** ( 500 mg/Vcap, 60 Vcaps/bottle)  
Proprietary Blend: South American Camu Camu (fruit) (*Myrciaria dub.*), Acerola (fruit) (*Malpighia gla.*), Rosehips (bud) (*Rosa can.*), Barley Grass Concentrate (*Hordeum lep.*), Tomato (fruit), Artichoke (leaf) (*Cynara scol.*), Parsley (leaf) (*Petroselinum cris*), Noni (fruit, seed) (*Morinda cit.*), CLA (Conjugated Linoleic Acid), Coriander (leaf) (*Coriandrum sat.*), Chlorella (whole) (*C. pyrenoidosa*), Green Tea Extract (leaf) (*Camellia sin.*), Blue Green Algae (whole) (*Aphanizomenon flos.*), Fermented Mycelial Extracts of Reishi (*Ganoderma luc.*), Coriolus Vers., Hericium Erin., Indian Guggulipids (resin) (*Commiphora muk.*), Olive Leaf Extr. (*Olea eur.*), Central American Aloe Vera (inner leaf) (*Aloe barb.*), Bitter Orange (fruit) (*Citrus aur.*), FOS (fructooligosaccharides from chicory), Stab. Rice Bran, Marine Coral  
Other ingredients: Vegetable cellulose capsule

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# Camu-Camu

*A Potent Immune And Mood-Balancing Botanical Agent*

Welcome to Camu-camu, The Natural Vitamin C Plant	
Properties and Actions	Anti-viral, anti-inflammatory, antioxidant, astringent, anti-pain, anti-depressant, emollient, nutritive
Phytochemicals	Natural ascorbic acid, bioflavonoids, beta-carotene, calcium, iron, leucine, niacin, phosphorus, potassium, protein, riboflavin, thiamin, serine, valine, alpha-pinene, d-limonene
Health Benefits	<ul style="list-style-type: none"><li>• Superior effect over synthetic vitamin C to strengthen and support the immune system</li><li>• Supports the body's defenses against the herpes virus</li><li>• Traditionally used by natives against colds and flus</li><li>• Help maintain healthy gums, eyes and skin</li><li>• Supports healthy liver, lungs, lymphatic and nervous systems</li></ul>

## The Natural Vitamin C Plant

Camu-camu (*Myrciaria dubia*) is the name of a bush which grows in the Amazonian rain forest of Peru. The Camu-camu bush produces an orange-colored fruit about the size of lemons that has the highest recorded source of natural vitamin C than any other known plant on the planet. In addition to vitamin C, Camu-camu comes with many other naturally-occurring vitamins, minerals, and amino acids which has clinically demonstrated **far superior benefits over ascorbic acid (synthetic vitamin C tablets)** especially over a 3 to 6 week period.

Camu-camu offers astringent, antioxidant, anti-inflammatory, anti-pain, anti-viral, emollient and nutritive properties and contains natural beta-carotene, calcium, iron, niacin, phosphorus, protein, riboflavin, thiamin and the amino acids, valine, leucine and serine. This makes Camu-camu invaluable for metabolic processes, including the formation of white blood cells, maintaining a healthy immune system, and support for the brain, lymph glands, heart and lungs. **The Camu-camu fruit has a surprising range of therapeutic effects.**

### 30 Times More Vitamin C

Oranges provide 500-4,000 ppm vitamin C, or ascorbic acid, while acerola has assayed 16,000 to 172,000 ppm ascorbic acid. Camu-camu provides up to 500,000 ppm ascorbic acid. In comparison to oranges, Camu-camu provides **30 times more vitamin C**, 10 times more iron, 3 times more niacin, twice as much riboflavin, and 50% more phosphorus.

Camu-camu is also a **significant source of potassium**, providing 711 mg/kg of fruit. It also has a full complement of minerals and amino acids which can aid in the absorption of vitamin C. **Alpha-pinene and d-limonene**, compounds known as **terpenes**, predominate as the volatile compounds in this fruit.

### Switching to Natural Vitamin C

People experiencing Camu-camu have stopped using large dosages of synthetic vitamin C because they find that just 2 to 4 Vcaps (500 mg/Vcap) daily of natural vitamin C sources such as Camu-camu is superior in **strengthening the immune system, energizing and**

**mood-lifting effects.** Three Vcaps, once or twice daily, can clear up most cases of bleeding gums and provide remarkable energy-boosting effects. It has the additional benefit of being **non-irritating to sensitive stomachs and bladders.**

### Beware of Your Source

Beware of your Camu-camu product — many brands that contain Camu-camu also add synthetic vitamin C to their product. Also, be sure your Camu-camu product contains no toxic additives, fillers, corn or gluten.

Although the amount of vitamin C which Camu-camu contains may appear low compared to the amount in synthetically derived vitamin C products, the effects on the human body are incomparable.

Because of its natural nutrient symphony, including bioflavonoids and other synergists, clinical evidence suggests that it is **far more effective than any amount of synthetic vitamin C** (ascorbic acid) or ester vitamin C, especially over a 3 to 6 week period of use or longer.

Camu-camu

## Extraordinary Immune Support

Health care practitioners report the **extraordinary nutritional benefits of natural-source vitamin C complex for supporting the body's immune defense against internal invaders.** Just a few Vcaps daily of natural vitamin C sources such as Camu-camu **readily outperform the benefits previously achieved with mega doses of ester vitamin C or mega doses of L-lysine.\***

The Peruvian government expects that Camu-camu will become a major export when its amazing properties are discovered in the U.S. To bear fruit, the Camu-camu bush must be 4 to 5 years old. The growing popularity of this wild rainforest fruit is contributing to the sustainable development of the Amazon River basin and helping the natives to maintain their traditional way of life.

The Camu-camu fruit has a **surprising range of health-promoting properties.** Best known among these are Camu-camu's potent abil-

ity to **strengthen the immune system and to help maintain healthy gums, eyes and skin.**

Dr. Gary Null, Ph.D., a well known nutritionist and researcher, has investigated many of the extraordinary medicinal properties of this Amazon rainforest fruit (1996). In his "Clinician's Handbook of Natural Healing" (1998), he lists disease conditions and the herbs that have been found effective for their health promoting properties in reference to specific organ/system weaknesses and problems.

## Anti-Depressant Treatment

In discussing the holistic treatment of depression, he lists 19 plants containing chemical compounds with **antidepressant properties**, in order of potency - **Camu-camu is Number 2** on his list. It appears to provide nutritional support for the brain to optimize its own mood-balancing chemistry.

## The Herpes Virus

The herpes virus takes a number of different forms and is widespread today as a public health problem in the U. S. More than 50% of the U.S. population gets cold sores, which is the result of the herpes simplex virus 1 (HSV1). Many people also suffer from shingles, which is a re-manifestation of the chicken pox virus in adulthood in a new form. The principal anti-viral pharmaceutical medicine is Acyclovir® which has many undesirable side effects.

The herpes virus can remain dormant at the base of spinal ganglia and become active when the immune system is under periods of stress. Common stressors include emotional upsets, other illnesses, prescription drugs, insufficient rest, poor diet, menstrual periods, vaginal yeast infections, and too much sunlight on the skin. Genital herpes is usually transmitted sexually.

The Epstein-Barr virus is a common form of the herpes virus which may linger in the body for years, often gradually raising the total viral load which the body must continually combat. Another form of the herpes virus, genital herpes, is caused by the herpes simplex virus 2 (HSV2). In total, more than 80% of the U.S. population suffers from some kind of herpes infection.

## Anti-Herpes Effect

Dr. Null lists 19 plants which contain **anti-herpetic phytochemicals.** The plant with the largest amount of these phytochemicals is Camu-camu. Health care practitioners report that Camu-camu has provided effective nutritional support to put shingles into remission, and has cut the expected time for reduction of symptoms in half by supporting the body's natural defenses. Some users have reported that cold sores have resolved in just one day and genital herpes outbreak was resolved in 48 hours. In other cases, the Epstein-Barr type of chronic fatigue has shown improvement in one or two weeks.

## Herpes Cleared

Camu-camu may be taken on a daily basis to provide highly effective support the body's immune defenses against the herpes virus (when it is lies dormant in the body). In one case, a 45-year-old woman with genital herpes had outbreaks about every six weeks. After taking 2 Vcaps daily of Camu-camu, she had no occurrence for over a year before she experienced another outbreak. Then later, none at all.

## Wide Range of Health Benefits

The Camu-camu fruit has a surprising range of medicinal effects as measured both by traditional use and by the variety of phytochemical compounds which have demonstrated therapeutic effects. Dr. James Duke, retired chief botanist for the U.S. Dept. of Agriculture and author of many botanical books, including the popular *Green Pharmacy*, lists some of these effects in his Ethnobotanical website, based on amounts of various phytochemicals which Camu-camu contains.

On Dr. Duke's website, in a comparative **study of hundreds of botanical agents, ranked in order of effectiveness for various health conditions, Camu-camu was ranked as follows:**

- antimutagenic - No. 4;
- anti-viral -No.6;
- antioxidant - No.4;
- asthma - No.1;
- atherosclerosis - No.1;
- cataracts - No.1;
- colds - No.1;
- depression - No.2;
- edema - No.1;
- gigivitis-peridontal disease - No.1;
- glaucoma - No.1;
- hepatitis - No.1;
- infertility - No.1;
- migraine-cluster headaches - No.1;
- osteoarthritis - No.1;
- Painkiller - No.1;
- Parkinson's disease - No.1

This is only a partial listing. For a complete list, see Dr. James Duke's Ethnobotanical database, [www.ars-grin.gov/duke/](http://www.ars-grin.gov/duke/). There is a disclaimer on his website which warns that the information he provides is not meant to claim that any herb can diagnose, prevent, or treat any disease condition.

Dr. James Duke's Ethnobotanical database: [www.ars-grin.gov/duke/](http://www.ars-grin.gov/duke/)  
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