



Bio C I & II

Bio C I & II are vitamin C supplements formulated to meet the specific nutritional requirements for this most important of all antioxidants for the Group I and Group II Metabolic Types, respectively. Both also contain a uniquely potent blend of antioxidants and bioflavonoids.

- **Bio C I** contains 1000 mg of ascorbic acid per tablet, the preferred form of vitamin C for the Group I Metabolic Types (Slow Oxidizers and Sympathetics)
- **Bio C II** contains 1000 mg of calcium ascorbate and mixed mineral ascorbates per tablet, the preferred forms of vitamin C for the Group II Metabolic Types (Fast Oxidizers and Parasympathetics)
- Formulated to allow for therapeutic dosing

Other Ingredients contained in both **Bio C I & Bio C II**:

- **Resveratrol** (50 mg per tablet) is a little known but potent antioxidant with anti-inflammatory, cardio-protective and anti-cancer properties, offering protection against the two most common killers in the U.S, heart disease and cancer. It is a potent scavenger of free radicals that relaxes blood vessel walls, reduces platelet aggregation and increases HDL cholesterol levels
- **Resveratrol** (“rez-veera-troll”) has also been found to inhibit all three stages of cancer development — initiation, promotion and progression — either stimulating apoptosis (cancer cell death) or helping cancer cells re-differentiate (reverse back to being healthy cells)
- **Resveratrol** also appears to stimulate nerve cell communication and regeneration, possibly protecting against neurodegenerative diseases, and has been shown in studies to activate the “longevity gene” of cells in culture, significantly extending their life span
- **Hesperidin, rutin and citrus bioflavonoids** work synergistically with vitamin C, as well as being potent antioxidants, anti-inflammatories and connective tissue rebuilders in their own right; our citrus bioflavonoids have an unusually high 50% concentration, ten times greater than the industry average

Bio C I

Supplement Facts		
Serving Size 1 tablet • Servings Per Container 90		
Amount Per Serving		% DV
Vitamin C (as ascorbic acid and ascorbyl palmitate)	1000 mg	1667%
Resveratrol extract (root) (<i>Polygonum cuspidatum</i> , 25% trans-resveratrol, 6% emodin)	50 mg	*
Hesperidin Complex	50 mg	*
Citrus Bioflavonoids (50% bioflavonoids)	50 mg	*
Rutin (NF)	50 mg	*

* Daily value not established

Other ingredients: cellulose, silicon dioxide and stearic acid.

Bio C II

Supplement Facts		
Serving Size 1 tablet • Servings Per Container 90		
Amount Per Serving		% DV
Vitamin C (as calcium/magnesium/potassium/zinc/manganese ascorbate and ascorbyl palmitate)	1000 mg	1667%
Calcium (as calcium ascorbate)	60 mg	6%
Magnesium (as magnesium ascorbate)	24 mg	6%
Zinc (as zinc ascorbate)	2.5mg	17%
Copper (as copper sebacate)	130 mcg	7%
Manganese (as manganese ascorbate)	500 mcg	25%
Potassium (as potassium ascorbate)	30 mg	<1%
Molybdenum (as amino acid chelate)	100 mcg	133%
Resveratrol extract (root) (<i>Polygonum cuspidatum</i> , 25% trans-resveratrol, 6% emodin)	50 mg	*
Hesperidin Complex	50 mg	*
Citrus Bioflavonoids (50% bioflavonoids)	50 mg	*
Rutin (NF)	50 mg	*

* Daily value not established

Other ingredients: cellulose, silicon dioxide and stearic acid.

Bio C I (90 Tablets) Item # PMN 121

Bio C II (90 Tablets) Item # PMN 122

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Personalized Metabolic Nutrition

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