

Vitup® C 500 mg

**Tablets**

Dietary supplement

Additional source of vitamin C

Active Ingredient	1 tablet	% NRV*	100 g of the product
Vitamin C	500 mg	625	75.8 g

\*NRV – Nutrient Reference Value

Other ingredients: L-Ascorbic Acid; bulking agent: Microcrystalline Cellulose; Maize Starch; stabilizers: Cross-Linked Sodium Carboxymethyl Cellulose, Magnesium Stearate; colour: E101; Maltodextrin; stabilizer: Tartaric Acid.

**Action**

Vitamin C is the most important, water-soluble antioxidant. It inhibits the oxidation of bad, LDL cholesterol and protects smokers against harmful effects of oxidative stress. Vitamin C contributes to the normal function of the immune system. Vitamin C is essential for the formation of collagen and other components of connective tissues and is required for calcification of bones and teeth. It enhances iron absorption and plays a protective role for vitamin E in the process of its regeneration and supports its extended release.

Increased requirements for vitamin C occur due to inadequate dietary intake, smoking, stress, exposure to toxic environmental agents, sporting activities and heavy psychophysical efforts.

**Vitup® C 500 mg tablets are recommended for:**

- strengthening of immune system,
- preventing cold or flu,
- persons exposed to stressful situations,
- reducing exhaustion and fatigue,
- maintaining normal function of the immune system during and after intense physical exercises,
- smokers,
- increasing iron absorption,
- keeping teeth and gums healthy

**Method of administration**

Adults and children over 12 years of age: Once or twice daily take 1 tablet.

**Note**

Dietary supplements should not be used as a replacement for a varied and balanced diet!

**Warning**

The recommended daily dose should not be exceeded.

Not intended for children under 12 years of age.

Vitup® C 500 mg tablets should not be taken by people allergic to any of the product ingredients.

Chronic use of aspirin, Omeprazole and oral contraceptives may have a negative influence on the body's level of vitamin C.

Concomitant use of Vitup® C 500 mg tablets with cisplatin and doxorubicin is not recommended due to interaction.

If you have intolerance to some sugars, contact your doctor before taking this product.

**Storage**

Store below 25 °C, in the original package, in dry and dark place.

Keep out of reach of children.

**Shelf-life**

Do not use after the expiry date stated on the package.

**Packaging**

20 tablets.

**Holder of notification in database of Ministry of Health of Republic of Serbia:**

Galenika a.d., Batajnički drum b.b., 11080 Belgrade, Republic of Serbia



Produced in Republic of Serbia.