

# Atomy Color Food Vitamin C



ALL NATURAL COLOR ENERGY †

## ATOMY COLOR FOOD VITAMIN C

Sweet Sour Mango Flavor

500mg of Vitamin C & 7 Color Foods



Dietary Supplement  
90 packets

# Product Details



## 500mg of Vitamin C and 7 types of Color Foods in One!

Atomy Color Food Vitamin C provides essential Vitamin C and 7 types of Color Foods in a sweet-sour mango flavor.†

<b>Product Name</b>	Atomy Color Food Vitamin C
<b>Product Type</b>	Dietary Supplement
<b>Net Contents</b>	6.3 OZ. (180 g) 90 packets
<b>Suggested Use</b>	1 packet daily
<b>Caution</b>	<ul style="list-style-type: none"> <li>- If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use.</li> <li>- Avoid this product if you are allergic to any of its ingredients.</li> <li>- Discontinue use and consult your doctor if any adverse reactions occur.</li> <li>- Do not consume after the expiration date.</li> <li>- Consume immediately after opening.</li> </ul>
<b>Storage</b>	Store in a cool, dry place. Keep out of reach of children.

## Supplement Facts

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Serving Size 1 Packet (0.07 OZ.)

Servings Per Container : 90

Amount Per Serving	% Daily Value *
Calories 0	
Sodium 10 mg	< 1 %
Vitamin C (as L-Ascorbic acid) 500 mg	556 %

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Other Ingredients :** SODIUM ASCORBATE, XYLITOL, MANGO CONCENTRATE POWDER, LACTOSE POWDER, MALTODEXTRIN, INDIGESTIVE MALTODEXTRIN, FREEZE DRIED STRAWBERRY, SILICON DIOXIDE, ENZYMATICALLY MODIFIED STEVIA GLUCOSYL STEVIA, PUMPKIN EXTRACT POWDER, MANDARIN EXTRACT POWDER, POMEGRANATE EXTRACT POWDER, FISH COLLAGEN, CHICORY EXTRACT POWDER, PHELLINUS LINTEUS POWDER, TURMERIC EXTRACT POWDER, COENZYME Q10.

† 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.

## Health Information



### Why is Vitamin Essential?



- Humans, unlike most animals, are unable to synthesize vitamin C and must obtain it from the diet.
- Vitamin C is a water-soluble vitamin found in many fruits and vegetables. But heat destroys vitamin C.
- Vitamin C in foods is identical to vitamin C in supplements.
- Due to its function as an antioxidant and its role in immune function, vitamin C has been promoted to help prevent and/or treat numerous health conditions.
- The US daily Recommended Dietary Allowance (RDI) is 90 mg for men and 75 mg for women.

### Main Functions of Vitamin C

Enhances immune function

Required for biosynthesis of collagen, L-carnitine, and certain neurotransmitters

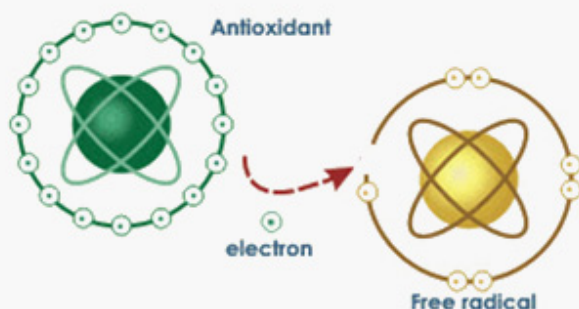
Antioxidant defense

## Vitamin C, a vital nutrient for health!

### - Vitamin C as an antioxidant

- Vitamin C can protect molecules in the body from damage by free radicals, reactive oxygen species (ROS), and reactive nitrogen species (RNS).
- Vitamin C has been shown to regenerate other antioxidants such as Vitamin E from its oxidized form.

### Reactive Oxygen Species & Reactive Nitrogen Species



Free radicals can cause damage to parts of cells such as proteins, DNA, and cell membranes by stealing their electrons through a process called oxidation.

⬆ Antioxidants neutralize free radicals

## What Is Color Food?



### < 'Five a Day-for Better Health!' Campaign >

- In 1988, the California Department of Health Services embarked upon an innovative program to consume 5 servings of fruits and vegetables every day.
- In 1991, the campaign was adopted as a national initiative by the National Cancer Institute.

### Phytochemicals: bioactive compounds in fruits and vegetables

- Phytochemicals are naturally occurring plant chemicals that contribute to their color, smell, and taste.
- Well-known phytochemicals are lycopene in tomatoes, isoflavones in soy, and flavonoids in fruits.

#### White

Garlic  
Onion  
Pear

#### Black

Black bean  
Dried seaweed  
Black sesame

#### Green

Broccoli  
Mugwort  
Spinach

#### Red

Strawberry  
Pomegranate  
Tomato

#### Yellow

Mango, Tangerine  
Pumpkin  
Phellinus linteus  
Turmeric

### 5 Representative Color Foods

\* Atomy Color Food C contains the 7 color foods in red and yellow.

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