

CHILDREN + COUGHS AND COLDS = VITAMIN C

For centuries, one of the most popular immune boosters has always been Vitamin C.

In a nutshell, this critical vitamin functions as a powerful antioxidant, as an immune booster and improves iron absorption. Vitamin C is water-soluble, which means a continuously replenishing supply is required.

One of Vitamin C's best known functions, of course, is its role in supporting the body's immune system. Because Vitamin C is an antioxidant and is vital for maintaining overall health, it actually can help boost a child's immune system. Additionally, antioxidants help reduce damage to cells from free radicals in the body. Another important benefit of Vitamin C is that it helps the body absorb the mineral iron.

Many studies have shown that taking Vitamin C daily can largely reduce the odds of getting a cold. And since children, in particular, are oftentimes susceptible to low immunity, supplementing with Vitamin C can make all the difference.



Benefits of Supplementation:

A child's growing body cannot produce Vitamin C on its own. Therefore, parents are encouraged to ensure that their children eat a wide variety of colorful fruits and vegetables every day so their little bodies can get some of this much-needed nutrient. The best food sources for Vitamin C include tomatoes, peppers, broccoli and kiwi. However, the preparing of the fruits and veggies is usually easier and faster than getting the children to eat them.

Therefore Zahler Junior C is the simple solution here!

Junior C is a delicious-tasting orange-flavored chewable tablet which contains 250 mg of Vitamin C.

VITAMIN C IS IMPORTANT SO YOUR BODY CAN FORM:

- COLLAGEN, BLOOD VESSELS, CARTILAGE AND MUSCLE. THIS HELPS WITH MAINTAINING BODY TISSUE, INCLUDING THE SKIN. IT ALSO AIDS WITH CONNECTIVE TISSUE REPAIR AND WOUND HEALING.
- NEUROTRANSMITTERS, THE CHEMICALS THAT ARE IMPORTANT FOR SIGNALING IN THE NERVOUS SYSTEM.
- CARNITINE, A CHEMICAL THAT SUPPORTS THE TRANSPORT AND BREAKDOWN OF FATTY ACIDS TO GENERATE ENERGY.
- HEALTHY BONES AND TEETH, WHICH ARE SUPER IMPORTANT DURING A CHILD'S FORMATIVE YEARS.

