

ATOMY COLOR FOOD VITAMIN C



Atomy Color food Vitamin C

Atomy Color Food Vitamin C contains 7 types of color food ingredients with 500mg of vitamin C is a daily necessity that supports good health and growth.

Take a sachet once a day and enjoy the sweet and sour taste of mango that even kids would love!

**Provides the essential Vitamin C and 7 types of Color Food in mango flavor.
Vitamin C 500mg Contents: 2g X 90 packet (180g)**

Daily Dosage: 1 Stick per Day

Why is Vitamin C essential?

- Unlike plants and most animals, humans are not able to produce Vitamin C, therefore, Vitamin C must be consumed in the form of food.
- Main source of Vitamin C is fresh vegetables and fruits, but Vitamin C is easily destroyed when cooked.
- It is reported that Vitamin C we consume from food and supplements are very similar.
- Vitamin C, a water soluble nutrient, is absorbed by the body and any excess is lost through urine.

Who is Vitamin C good for?

- Those who want Vitamin C supplement
- Those with a diet high in meat
- Those with difficulty in keeping a regular dietary life
- Those who lack the intake of fruits and vegetables
- Those in need of nutrient intake that helps iron absorption
- Those who want energy in their repetitive daily life
- Athletes with high activity level and office workers with long working hours
- Kids in growth phase
- Those who need formation and maintenance of connective tissues
- Those who want to protect their bodies from free radicals that damages cells

Vitamin C Functions

- Necessary for iron absorption[†]
- Necessary for connective tissue formation and function[†]
- Necessary for protection of cells from oxidative stress[†]

Why is **vitamin C** intake necessary?

- While plants and most animals can synthesize vitamin C in their bodies, **humans cannot and must take it in the form of food.**
- Vitamin C can be found in fresh fruit and vegetables. Unfortunately, it oxidizes easily and therefore is easily destroyed during storage, cooking, and processing.
- Vitamin C is water soluble and therefore is absorbed as much as necessary in the body while the rest is excreted in urine.

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