



Naka Products

Nutri-C Complex - with Quercetin, Rose Hips & Citrus Bioflavonoids: Available in 500 ml liquid plus a 60 ml sample size

Product benefits by category:

- GOLD** Anti-aging, **Antioxidant**, Athletic Performance, Fatigue & Low Energy, General Prevention, Heart Health, **Immune System**, Osteoporosis.
- SILVER** Detoxification, Hair, Skin & Nails, Injuries.
- BRONZE** Arthritis & Joint Care, Mood, Varicose Veins.

Help fight colds and the flu with Naka's liquid Nutri-C Complex. This superior liquid Vitamin C formula has a great tasting natural blueberry flavour and combines the highest quality ingredients for optimum synergy. Vitamin C and bioflavonoids cannot be made in the body and it becomes increasingly difficult to obtain nutrients we need from our diet. Nutri-C Complex is a superior antioxidant plus immune system aid that is also **vegetarian friendly!**

Recommended purpose or use:

- An antioxidant for the maintenance of good health.
- Helps the body to metabolize fats and proteins.
- Helps in connective tissue formation.
- Helps in the development and maintenance of bones, cartilage, teeth and gums.

Recommended Dose: (Adults) Take one (1) tablespoon (15 ml) once daily.

Direction of use: Take with a meal one tablespoon in 100 ml of water or orange juice. Use the calibrated measuring cap provided in the package to obtain an accurate dosage. Shake well before each use. Do not drink directly from the bottle.

Duration of use: Use up to a period of twelve (12) weeks.

Medicinal ingredients: Each tablespoon (15 ml) contains:

Vitamin C (Calcium Ascorbate 75%, Ascorbic Acid 25%)..... 500 mg
 Quercetin100 mg
 Rose Hips (Rosa canina) [Whole fruit]50 mg
 Citrus Aurantium, Fruit ext. [15:1] (Bioflavonoids 27.0%).....50 mg (Equivalent to 750 mg of dried crude herb)
 Bilberry Powder (Vaccinium myrtillus), Fruit Ext. [120:1].....50 mg (Equivalent to 6000 mg of dried crude herb)

Non-medicinal ingredients: Water, Fructose, Alcohol (trace amount from the extraction process), Potassium Sorbate, natural blueberry flavour. Contains no animal products, dairy, wheat, yeast, corn or eggs.

Cautions & Warnings: Herbs may cause transient adverse effects such as nausea, vomiting and GI distress. If symptoms persist or worsen discontinue use.

Contraindications: Do not use if you are pregnant or breastfeeding.



60 ml sample size also available.

Vitamin C - Time Release with Rose Hips & Citrus Bioflavonoids: Available in 30 Tabs & 180 Tabs

Product benefits by category:

- GOLD** Hair, Skin & Nails, Fatigue & Low Energy, Antioxidant, Osteoporosis, Immune System, Injuries, Athletic Performance, Anti-aging.
- SILVER** Vitamins & Minerals, General Prevention.
- BRONZE** Arthritis & Joint Care, Varicose Veins.



• Antioxidant • Colds and flu • Bones, cartilage, teeth

Naka's Time Release, 1000mg, Vitamin C provides you with all the health benefits of Vitamin C and the added benefits of Rose Hips & Citrus Bioflavonoids. According to the American Botanical Council, Rose Hips is known for its therapeutical uses in the treatment of stomach colds and convulsive cough. Citrus Bioflavonoids, natural substances found in the peels of citrus fruits, possess the properties of a vitamin and are referred to as Vitamin P. They are used as a remedy to help aid colds/flus and to protect against viral infections.

Recommended purpose or use:

Helps in the development and maintenance of bones, cartilage, teeth and gums.

Recommended Dose: (Adults) Take one tablet daily.

Medicinal ingredients: Each tablet contains:

Vitamin C [Ascorbic acid].....1000 mg

Non-medicinal ingredients: Citrus bioflavonoids and rosehip. Contains no artificial colours, preservatives, animal products, fish or shellfish, dairy, eggs, corn, nuts, starch, wheat or yeast.