

# The Nutritional Essentials

Issue Fourteen

**Acquire Wellness!**  
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## From the Pen of Dr. Royal Lee

(1895-1967) Inventor,  
Scientist, Genius, Founder of  
Standard Process, Inc.

*Vitamins are complexes, they are parts of enzyme systems – Like a watch which is a timekeeping mechanism – it is functional, organic, interactive – a watch is not a hunk of brass – Vitamin C is not ascorbic acid – it is more – it is complex – organic – functional – whole, not inorganic chemical parts.*

## A Partial List of Conditions Related to Nutritional Deficiencies

**Allergies - Hay Fever**  
Ankle Swelling  
**Arthritis**  
Back Pain  
Blood pressure -  
High or Low  
**Bronchial Conditions**  
**Bursitis**  
Circulation, Poor  
Colitis  
Colon, Spastic  
Constipation  
**Cough, Chronic/Allergic**  
Diarrhea  
**Disc Problems**  
**Diverticulitis**  
Dizziness (Vertigo)  
Emphysema  
**Fatigue, Chronic**  
Feet, Cold or Burning  
Feminine Problems  
Gall Bladder Disorders  
Gas  
Glandular Troubles  
Headaches  
Heart, Fast or "Nervous"  
Hemorrhoids  
Impotence  
Injuries to Soft Tissues  
Insomnia  
**Joint Pain**  
**Kidney Problems**  
Knee Pains, Chronic Leg  
Pains, Cramps, Tingling,  
Numbness  
Liver Problems  
Nervousness  
Neuralgia  
Prostate Trouble  
Sciatica  
Shingles  
**Sinus Trouble**  
**Throat, Sore / Hoarse /  
Congested**  
Thyroid Conditions  
Ulcers -- Stomach,  
Duodenum, Skin  
Yeast Infections

## Are You Really Taking Vitamin C Complex?

**A**sk a friend if they take vitamins  
and they are likely to answer,

**"Sure, I take Vitamin C, when I  
think I am getting a cold."**

But are they actually taking a complete  
"Vitamin C," and why does it matter?

Aren't all "Vitamin C" products the same?

The complete Vitamin C-Complex has many  
actions within our bodies—fighting  
infection, building tissues, regulating  
inflammation, preventing cancer and heart  
disease <sup>1,2</sup>—to name a few!

But are you, your family and friends taking  
true Vitamin C-Complex? Or are you  
merely taking a large dose of a partial  
factor of the HealthBuilding Vitamin C-  
Complex – **ascorbic acid**?

Read the labels in any market or drugstore  
and you might think that ascorbic acid IS  
Vitamin C, and that Vitamin C is nothing  
more than ascorbic acid. But this is far  
from the truth.

Even Albert Szent-Gyorgyi, MD, PhD  
(1893-1986), the Nobel Prize winner who  
"discovered" ascorbic acid, believed very  
soon thereafter that ascorbic acid in a  
whole food form was the true beneficial  
health factor, not ascorbic acid alone.<sup>3</sup>

**What is Vitamin C-Complex,  
anyway??**

**Vitamin C-Complex is not merely  
ascorbic acid!**

Ascorbic acid is only part of the Vitamin  
C-Complex! Let's learn more.

True Vitamin C-Complex is a whole food  
complex made up of Vitamin C (ascorbic  
acid) and Vitamin P (bioflavonoids). Like  
all vitamin complexes, Vitamin C-Complex  
is an example of a working mechanism  
which **only functions effectively when all  
the parts are present.**<sup>3</sup>

## What are the parts of the Vitamin C-Complex?

They are:

- ✓ **Ascorbic acid**, (commonly known as  
Vitamin C), an antioxidant which protects  
from free radical damage.
- ✓ **Bioflavonoids**, (sometimes called Vitamin  
P), the vascular fragility factors.

Most people who think they are taking "Vitamin  
C" are actually taking only ascorbic acid.  
Although ascorbic acid is found in wholesome  
foods, the ascorbic acid typically found in  
"health food stores" and drug stores is a  
synthetic chemical manufactured from corn  
syrup (sugar) and sulfuric acid. Remember,  
ascorbic acid found in nature is just one part  
of the Vitamin C-Complex.

**Nature intended your body to only use very  
small amounts of organic ascorbic acid.  
MORE IS NOT BETTER.**

Surplus ascorbic acid must be eliminated  
through the kidneys, putting unnecessary  
strain on these vital organs. Surplus ascorbic  
acid also upsets the balance of trace minerals  
in the body. One could say that high doses of  
ascorbic acid are toxic to your body. Ascorbic  
acid that is out of balance with organic factors  
found in nature is not a healthy way to get our  
HealthBuilding Nutritional Essentials.

Let's take a deeper look at some of the  
HealthBuilding factors the organic, whole food  
Vitamin C-Complex provides:

**Bioflavonoids**, (the vascular fragility factor),  
sometimes known as Vitamin P. Vitamin P  
increases capillary strength and decreases the  
risk of bleeding. Bruising, broken blood  
vessels, bleeding gums are all improved with  
healthful bioflavonoids, and bones, cartilage,  
ligaments and tendons are all strengthened,  
preventing injury and speeding the healing  
process. There are nearly 4000 different  
bioflavonoids—some of the most well-known  
are rutin, quercetin, citrin and hesperidin.

**Bioflavonoids** are also known to decrease the  
risk of developing cancer<sup>1,2</sup>, but only when  
consumed as whole foods.

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with a friend - Thank You!

## Our Bodies Need More than Ascorbic Acid!

**Bioflavonoids are true nutritional essentials** that cannot be manufactured by the human body. They must be obtained from fresh fruits, vegetables and whole food concentrates high in the Vitamin C-Complex.

Research has consistently shown that when nutrients are consumed as the complete “biological action package” present in whole foods, true health benefits are achieved. In fact, Vitamin C cannot be effectively utilized without bioflavonoids being present in your foods. (See Interesting Facts about Vitamin C on this page.)

**Prevent Heart Attacks and Strokes** with Vitamin C-Complex. Vitamin C found in the form of whole foods like fruit and vegetables have long been known to lower the risk of heart attack. Oxidation and inflammation of plaques deposited in the coronary arteries are triggers for many heart attacks. Components of the Vitamin C-Complex decrease oxidation of lipids and control inflammation, thus reducing the risk of heart attacks and strokes.

### **We Need More than Ascorbic Acid**

As you can see, when we eat an orange or other whole food high in the Vitamin C-Complex we are benefiting from so much more than ascorbic acid.

Research has shown that the maximum health benefits are derived from consumption of 800 grams of fruit and vegetables daily. Yet only a very small percentage of individuals eat the recommended 5-9 servings of fruit and vegetables daily. How to make up the difference? Whole food concentrates are the answer to getting your Vitamin C-Complex HealthBuilding factors consistently and conveniently. As you have learned – Vitamin C-Complex is a Nutritional Essential.

**Ask me which of these Standard Process supplements would benefit you and your family!**

1 Am J Med. 2002 Dec 30;113 Suppl 9B:71S-88S - *Bioactive compounds in foods: their role in the prevention of cardiovascular disease and cancer.* Penn State University.  
2 Med Res Rev. 2003 Jul;23(4):519-34. *Flavonoids: promising anticancer agents.* Shanxi Medical University, China.  
3 Nature 138:798;1936, Nature 137:27;1936

**Cataplex C—introduced in 1934**, the vitamin C complex, found in Cataplex C, is an important antioxidant and has long been recognized as an important nutritional compound essential for supporting the immune, cardiovascular, endocrine, musculoskeletal, and blood building systems. Cataplex C combines the benefits of more than 19 different whole foods high in Vitamin C-Complex HealthBuilding factors.†

**Cyruta Plus—introduced in 1950**, Cyruta Plus carries several important factors; one of which is the vitamin P complex (bioflavonoids), where rutin and quercetin are members. These factors help maintain the integrity of the capillary walls. They are vital in their ability to increase the strength of the capillaries and regulate permeability and health of the cells.†

**Cataplex A-C-P—introduced in 1956**, Cataplex A-C-P combines the vitamin complexes of A and C with the vitamin P complex. The vitamin P complex, a bioflavonoid sometimes known as rutin, is essential for the successful absorption of vitamins A and C, the healthy function of capillaries and connective tissues, and immune system support.†

† These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. They are to support your health.

### **INTERESTING FACTS ABOUT VITAMIN C The Noble Prize and Dr. Royal Lee**

Noble Prize Winner (for discovering ascorbic acid) Albert Szent-Gyorgyi, MD, PhD (1893-1986) is also credited with discovering bioflavonoids in 1935.

**By 1934, Dr. Royal Lee, the founder of Standard Process, Inc. had already combined the benefits of Vitamin C with Bioflavonoids in the HealthBuilding complex known as Cataplex C.**

Dr. Szent-Gyorgy discovered bioflavonoids in trying to help a patient with subcutaneous capillary bleeding. He had success with whole food “Vitamin C” with “vitamin P” included but **the “pure” ascorbic acid had no effect!** [Nature 138:798;1936, Nature 137:27;1936]

**Are You Really Taking  
Vitamin C - Complex**

**Our Bodies Need More than  
Ascorbic Acid**