

# Vitamin C & Zinc Capsule (250+10 mg)

## Product Information :

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**Pharmaceutical form :** Capsule

**Category :** Prescription Medicine

**Pack :** Pack of 30 Capsule

**Brand name :** Vitamin C & Zinc Capsule

**Content :** Vitamin C & Zinc Capsule (250+10 mg)

**Therapeutic Use :** To nutrition, immune defence and maintenance of health



## Product Description :

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### What is Vitamin C & Zinc Capsule?

Vitamin C & Zinc Capsule supplement is best considered a source of powerful antioxidants, adding to the metabolism as well as the natural immune system of the body. After a day of intense bodily activity, the correct combination of Vitamin C and Zinc is required. The supplement is quite beneficial in maintaining normal physical and mental health in our daily lives. Furthermore, it aids in enhancing the skin texture, which becomes dull as a result of daily stress and work.

### How it Works

Vitamin C is an antioxidant that contributes to the fight against free radicals and the removal of harmful substances from the body. This property contributes to the improvement of immunological function and the reduction of infection risk. It not only aids in the iron absorption from meals, but it also aids in the manufacture of collagen, a skin protein. This vitamin also aids in the healing process and bone mass preservation. Vitamin C is an antioxidant that helps the body combat cell-damaging free radicals, which can cause oxidative stress and premature cell ageing. Zinc is essential for a variety of bodily activities,

including neurological function, immunity, reproduction, and general energy levels.

#### **How to Use**

Take one tablet of Vitamin C & Zinc Capsule once a day or as advised by your doctor. It's best to take this first thing in the morning so you can stay energized throughout the day. This medicine should be used orally, ideally after a meal. Before taking, read the directions on the label. Take it at a predetermined time. Do not use it more than once a day.

#### **Benefits - Vitamin C & Zinc Capsule**

- Helps the decrease fatigue and weariness
- Helps the body's Vitamin C and Zinc reserves to be replenished.
- Supports the recovery and maintenance of physical and emotional health.
- Helps in the restoration and maintenance of a healthy immune system in the body.
- Owing to the existence of Vitamin C, it contributes to the maintenance of healthy skin.
- It helps to increase immunity, which protects against illnesses.
- Because of its antioxidant characteristics, it aids in the fight against free radicals and inflammation.

#### **Side Effects**

When taken as directed by a doctor, these tablets are normally safe and do not generate any negative effects. If you have any side effects, you should contact your doctor immediately.

#### **Some Tips for Using Vitamin C & Zinc Supplements**

- It is best to take it at the same time each day to help you to remember when to take it. To receive the best benefit from this medication, strictly follow your doctor's recommendations.
- Talk to your doctor about all of your medications, since they may interact with or be impacted by this one. Vitamin C, for example, can boost iron absorption from meals, so if you're currently taking iron supplements, talk to your doctor to avoid any health issues.
- Before taking this tablet, visit your doctor if you have a pregnancy, are nursing, or have

any current healthcare conditions such as diabetes, hypertension, kidney, or liver disease.

- Remember that vitamin supplements are meant to augment a person's diet if they are unable to satisfy their nutritional needs through diet alone. It should not be used as a replacement for a healthy diet and lifestyle.
- If you forget to take a dose, consume it as soon as possible. If your next dose is approaching, leave the dose you missed and get your next dose at the designated time.

#### **Vitamin C & Zinc Capsule Supplier**

Healthiza is one of the leading Vitamin C & Zinc Capsule supplier and manufacturer, offering the best quality medicine globally through a validated cold chain secure shipment process. We use this process to manufacture, store and deliver medicines at a very specific temperature. Customers can avail of this premium quality pharma product at an affordable price from us.



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