

## **Lypo spheric Vitamin C**

Lypo-Spheric Vitamin C is a unique new form of Vitamin C made by encapsulating Vitamin C in tiny spheres of essential phospholipids known as Liposomes.

Lypo-Spheric Vitamin C can be used by the whole family.

Lypo-Spheric Vitamin C is indicated for cold, chronic sinusitis, viral or bacterial infections.

### **Directions for Vitamin C treatment dose**

Take two sachets in a small cup/glass of water every 4 hours for the first day

Reduce to one sachet morning and night the second day if symptoms are improving.

Squeeze the contents into water or juice, don't let the gel touch the sides of the glass and don't stir.

Swallow the gel as you would a tablet.

Ideally to be taken 15 minutes before a meal.

For children the dose can be halved

Increase water consumption while taking the treatment dose of Lypo-spheric Vitamin C.

Consumption of around 1- 1 ½ litres of water a day for an adult, less for children is sufficient.

### **Vitamin C maintenance dose**

Recommended maintenance dose for Vitamin C is least 1-2 gms vitamin C as sodium ascorbate powder daily, once you have overcome your cold.

Lypospheric Vitamin C is available from the clinic.