

Health Bulletin

When "C" Is For Cold

(NAPSA)—O say, can you C?

A growing number of people are taking megadoses of vitamin C to help build up their defenses against the onslaught of winter colds. Whether it's taken as a pill, lozenge or powder, vitamin C is considered one of the best weapons in the wintry battle against germs.



Winter colds are nothing to sneeze at, and megadoses of vitamin C can help.

In addition, even if you do get leveled by a winter cold, vitamin C can still come to the rescue. According to published reports, regular intake of vitamin C can reduce the severity of a cold, shorten its length by almost a day and reduce the amount of "sick time" needed for recovery by about 21 percent.

One product, Emer'gen-C, contains vitamin C in the form of mineral ascorbates—also known as "the real vitamin C." Available in 15 fun flavors, the effervescent drink mix provides 1,000 mg of vitamin C, plus B vitamins, forming some 32 mineral complexes. And a special formula for children ages 10 and under is available in strawberry. The powder comes in single-serving packets that can be mixed with water, and can be served hot or cold.

Emer'gen-C can be found in grocery, health food stores and drug stores nationwide. To learn more, visit www.alacer.com.