

Best Camu Camu Antioxidant Protection

Best Camu Camu

4:1 Extract Capsules
120 Veggie Caps

Ingredients per capsule:

Vitamin C..... 80mg

(from 400mg Camu Camu 4:1 Extract)

Camu Camu 4:1 Extract powder..... 400mg

Excipients: vegetarian capsule

Suggested Adult Use: Take one or more capsules daily, with or without food.

Suitable for vegetarians

Ingredients

Best Camu Camu 4:1 Extract Camu Camu fruit extract

Camu Camu is a round, red to purple colored fruit that grows abundantly in the Amazonian rain forest. Recent research has shown that this fruit contains one of the highest natural vitamin C contents of any food in the world. The fruit is also an extremely rich source of anthocyanins, with a particularly high level of cyanidin-3-glucoside.

Best Camu Camu 4:1 Extract is an exclusive wild-crafted, spray-dried concentrate of camu camu fruit. The spray-drying process allows the powder extract to attain four times the nutrient and vitamin C concentration of the whole fruit. Vitamin C and anthocyanin compounds are powerful antioxidants that function as potent free radical scavengers.*

Camu camu's main growing areas are near the Peruvian border with Brazil, and the fruits are the size of lemons. Due to its high vitamin C content, camu camu is becoming a widely used ingredient in dietary supplements. Camu camu also contains calcium, beta-carotene, protein, leucine, thiamin, valine and serine. The camu camu fruit contains the highest documented quantity of natural vitamin C on Earth. It has up to three times more vitamin C than Acerola. Compared to oranges, camu camu has 30 times more vitamin C, three times more niacin, ten times more iron, double the amount of riboflavin and 50% more phosphorus. Camu camu also contains 711mg of potassium per kilogram, and provides a full complement of minerals and amino acids that can improve the absorption of vitamin C.

Benefits

100% Natural Wild-Crafted Vitamin C*

Camu camu is one of the richest natural sources of this potent antioxidant vitamin in the world. Every gram of Best Camu Camu 4:1 extract contains at least 200 mg of natural, wild-crafted vitamin C. This is in addition to a synergistic host of additional nutrients that potentially enhance the uptake of the antioxidants in the extract.

Vitamin C is critical to numerous organs and systems throughout the body. It serves as an important cofactor in a number of physiological processes that occur on a daily basis. Vitamin C protects molecules including lipids, proteins and DNA from free radical damage and serves to regenerate other potent antioxidants, including vitamin E. Vitamin C is also a required factor for the synthesis of collagen and connective tissue, plays a prominent role in energy production, helps in the formation of the neurotransmitter norepinephrine, and supports immune health.¹ An adequate daily supply of vitamin C is necessary for the maintenance of these and other critical physiological processes.

Strengthens Antioxidant Defenses*

Anthocyanin compounds, such as cyanidin-3-glucoside found prominently in camu camu fruit, are natural pigments responsible for the brilliant colors seen in fruits.² They also possess significant antioxidant activities as well as other potential health benefits. Furthermore, studies show that anthocyanin compounds are rapidly absorbed in humans and other mammals. Recent studies have shown that the stomach and small intestines are the predominant sites of absorption into the bloodstream.³

Research conducted on cyanidin-3-glucoside confirms its potent antioxidant activity. In vitro assays have been performed evaluating markers of free radical damage including DNA cleavage, free radical scavenging capacity and xanthine oxidase activity. In this study, cyanidin-3-glucoside showed protective effects on DNA cleavage, inhibition of xanthine oxidase and dose-dependent free radical scavenging abilities.⁴ Studies in rats also confirm the beneficial effects of this anthocyanin.

In one such study, feeding this compound to rats was shown to increase the resistance of rat serum to oxidative changes, suggesting a potent antioxidant effect of this compound.⁵



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Camu camu is a potent source of cyanidin-3-glucoside and has a high content of the ubiquitous, water-soluble antioxidant, vitamin C. Together, these nutrients serve to strengthen antioxidant defenses against free radical damage*. Best Camu Camu 4:1 Extract provides a natural, wholesome way to infuse the body with its daily requirement for vitamin C and additional free radical-fighting anthocyanin compounds.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Scientific References

1. Linus Pauling Institute. Micronutrient Information Center. Monograph on "Vitamin C". HYPERLINK
"<http://lpi.oregonstate.edu/infocenter/vitamins/vitaminC/>" <http://lpi.oregonstate.edu/infocenter/vitamins/vitaminC/>
2. Zanatta CF, et al. Determination of Anthocyanins from Camu-camu (*Myrciaria dubia*) by HPLC-PDA, HPLC-MS, and NMR. *J Agric Food Chem* 2005. 53:9531-9535.
3. Talavera S, et al. Anthocyanins are efficiently absorbed from the small intestine in rats. *J Nutr* 2004. 134: 2275-2279.
4. Acquaviva R, et al. Cyanidin and cyanidin 3-O-beta-D -glucoside as DNA cleavage protectors and antioxidants. *Cell Biol Toxicol*. 2003 Aug;19(4):243-52.
5. Tsuda T, et al. Dietary cyanidin 3-O-beta-D-glucoside increases ex vivo oxidation resistance of serum in rats. *Lipids*. 1998 Jun;33(6):583-8.

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**Doctor's
BEST®**

**Science-Based
Nutrition™**

**Dietary
Supplement**

Best Camu Camu 4:1 Extract

100% NATURAL WILD-CRAFTED VITAMIN C*

**400mg Camu Camu
containing 80mg Vit. C / 120 Veggie Caps**

Supplement Facts

Serving Size 1 capsule

Servings per container 120 servings

Amount per serving		% Daily Value
Vitamin C (from 400mg Camu Camu 4:1 Extract)	80 mg	133%
Camu Camu 4:1 Extract powder	400 mg	†

† Daily Value not established.

Other ingredients: Vegetarian capsule.

Suggested Use: Take one or more capsules daily, with or without food.

Suitable for Vegetarians

CONTAINS NOTHING OTHER THAN LISTED INGREDIENTS

