



1000 mg
vitamin C

+ Zinc, Vitamin D₃, E, B₆ & B₇ (Biotin)

- Immunity
- Energy & Vitality
- Anti-aging
- Radiant Skin

DESCRIPTION

Core C Sachet is an oral nutritional supplement with combination of 5 key Vitamins C, D, E, B₆ & B₇ (Biotin) and Elemental Zinc that play a central role in immunity and have potent antioxidant activity. Daily supplementation with **Core C Sachet** supports the function of the immune system. A strong immune system is needed to defend the body against a variety of infections. Moreover, the antioxidant properties of the ingredients contained in **Core C Sachet** prevents daily fatigue and aging via free radical scavenging. Antioxidants are also known to help maintain healthy skin.

Core C Sachet is free from sugar and sodium and hence suitable for diabetic and hypertensive patients.

COMPOSITION & FUNCTIONAL BENEFITS

Each sachet contains:

Nutrients	Quantity	Functional Benefit
Vitamin C	1000 mg	Improves body's defense system through white blood cells and helps fight infections. Vitamin C is a renowned, powerful antioxidant that prevents daily fatigue & aging and also reduces UV induced skin damage. It is essential for formation of collagen, a key structural protein that supports the skin.
Vitamin D ₃	800 IU	Supports immune function, protects respiratory system from infection & improves respiratory function. Increases muscle strength and enhances neuromuscular function. Supports strong bones and teeth by increasing calcium absorption.
Vitamin E	13.5 mg	A well known antioxidant that prevents the formation of free radicals and prevents daily fatigue and aging. Reduces UV induced skin damage.

Nutrients	Quantity	Functional Benefit
Elemental Zinc	12.5 mg	Elemental Zinc plays a role in immune function by improving body's natural defense mechanism of white blood cells. It also helps prevent acne outbreaks.
Vitamin B ₆	2 mg	Vitamin B ₆ aids in antibody production that is part of body's natural process to fight infections. Vitamin B ₆ also has antioxidant properties and blocks the harmful effects of free radicals that cause fatigue and aging.
Vitamin B ₇ (Biotin)	150 mcg	Vitamin B ₇ (Biotin) is required for a healthy immune system. It helps maintain healthy hair texture and color.

RECOMMENDED USES:

- To support body's immune function (natural defense mechanism) that helps prevent and fight various infections.
- To help reduce the duration and severity of cold and other respiratory infections.
- To help prevent daily fatigue (especially during periods of high physical stress).
- To help slow down the aging process.
- To help maintain healthy skin and hair.

DOSAGE AND ADMINISTRATION:

Take one sachet daily or as directed by the healthcare practitioner.

Dissolve the contents of sachet in a glass (200 ml) of water, preferably after meal or snack. Tastes better with cold water.

ADVERSE EFFECTS:

Vitamin C and Zinc may be associated with nausea, vomiting, heart burn and GI upset. If you notice any of the above condition while taking Core C sachet, consult your healthcare practitioner for advice.

CONTRAINDICATIONS:

Core C Sachet must not be used in patients.

- With hypersensitivity to any of the components of formulation.

PRECAUTIONS:

- Do not exceed the recommended daily dose.
- This product is not suitable for use in children.
- Pregnant or breast-feeding women should consult a healthcare practitioner before use.

- If taking other supplements, read label, as other supplements may contain same ingredients.
- Elemental Zinc supplementation can cause copper deficiency.

PREGNANCY & NURSING WOMEN:

Core C Sachet should only be given during pregnancy and lactation, if recommended by the healthcare practitioner.

OVERDOSAGE:

Consult your healthcare practitioner in case of accidental intake of more than the recommended dose.

INSTRUCTIONS:

- Do not store above 30°C.
- Protect from heat, light and moisture.
- Keep out of reach of children.

PRESENTATION:

Core C Sachet is available in packs of 10's and 30's

Manufactured for:

Getz Pharma (Pvt.) Limited

29-30/27, Korangi Industrial Area,
Karachi - 74900, Pakistan.

Manufactured by:

Herbion Pakistan (Pvt) Limited

Plot 30, Sector 28, K.I.A., Karachi, Pakistan.