

Product Information Leaflet
ViralChoice® C Capsules



COMPOSITION
 ViralChoice® C contains:

Active ingredient	Amount/ Capsule (3 capsules)	% RDA* in 3 capsules	Role of supplement
Echinacea Ext.	80 (240) mg	-	Herbal extract with a stimulant effect on the immune system, increasing the body's natural resistance to infections, especially colds and flu.
Phytosterols (Plant sterols & sterolins)	25 (75) mg	-	Phytosterols (plant sterols and sterolins) are vitamin-like nutrients found in fresh vegetables and fruit but that are destroyed by cooking and processing of food. They are called 'immunomodulators' as they help restore and stimulate the body's immune system'. Phytosterols also lower cholesterol levels, improve prostate problems in men and have protective anticancer effects on the colon ^{1,2,3} .
L- Arginine	10 (30) mg	-	Amino acid; enhances immune function; helps recovery from stress and trauma.
L- Methionine	33.3 (100) mg	-	Amino acid; essential for the healthy functioning of the immune system and helps rid the body of toxic substances.
Absorption Enzymes	5 (15) mg	-	Adequate digestion is vital for gastrointestinal and immune system health. Digestive enzymes may be deficient in many people, especially if the diet consists mainly of cooked or processed foods. Partially digested food accumulates in the colon, leading to various gastrointestinal problems. Digestive enzymes are important to maintain and improve digestion and for immune system health. They also increase the absorption of vitamins and minerals.
Garlic	50 (150) mg	-	Increases resistance to colds and flu. Allin and allicin in garlic have antibacterial, antifungal and antiviral activity, without affecting the body's natural flora.
Vitamin A	333 (1000) RE	100	Needed for night vision, growth of skin, bones and reproductive organs; maintains integrity of mucous membranes; even a mild deficiency of vitamin A may lead to increased susceptibility to infection.
Vitamin B6	3 (9) mg	450	Metabolism of carbohydrates, proteins and fats in the diet; plays a key role in immune system responses.
Vitamin B12	4 (12) µg	1 00	Needed for healthy blood; deficiency can result in anaemia and poor resistance to infection.
Folic acid	250 (750) µg	375	Needed for healthy blood and the formation of nerve sheaths and various proteins; deficiency reduces certain immune functions.
Vitamin C	150 (450) mg	750	Stress and infection reduce the amount of vitamin C in the body. Vitamin C is needed for many functions in the body. It may also lessen the duration and intensity of a cold or flu infection.
Vitamin D	4 (12) µg	240	Usually needed for strong bones and teeth; deficiency leads to a decreased resistance to infection.
Vitamin E	10 (30) mg	300	Antioxidant; usually needed for proper function of nerves and muscles; stimulates several components of the body's immune system.
Biotin	100 (300) µg	300	Forms part of several enzyme systems and is needed for healthy functioning of the body.
Copper	0.33 (1) mg	-	Trace element – needed in small quantities for healthy functioning of the body.
Iron	2 (6) mg	43	Needed for healthy blood, preventing anaemia and increasing the body's resistance to infection.
Selenium	5 (15) µg	-	Antioxidant and together with vitamin E increases resistance to infection.
Zinc	3 (9) mg	60	Zinc deficiency may lead to a defective immune system.

*South African Recommended Daily Allowance (RDA) for persons 10 years and older.
 – No South African RDA established

Note: Water-soluble vitamins are not stored in the body. Providing more than the RDA of such vitamins has no adverse effects and may in fact be beneficial, especially in people with increased nutritional requirements such as sportsmen and sportswomen or people suffering from, or recovering from, viral infections.

ViralChoice® C does not contain tartrazine, lactose, gluten, yeast, caffeine or salt.

ViralChoice® C USES:

ViralChoice® C Capsules contain a combination of echinacea, garlic, phytosterols, vitamins, minerals, trace elements and amino acids. It is a nutrient supplement and is used when the diet alone does not include enough of these substances for optimal health.

ViralChoice® C is used during times of viral infection, in winter to reduce colds and flu infection or when recovering from illness. It helps boost the immune system, reducing the risk of invasion from viruses, bacteria and other harmful microorganisms.

The functioning of the immune system lessens with age, making older people more prone to colds and flu. A strong immune system helps prevent infection or minimizes the severity of infection. ViralChoice® C should be taken at the first sign of a cold or flu. It may also be taken during winter to reduce the risk of colds or flu. Vitamins, minerals and trace elements do not take the place of a balanced diet.

Your body needs carbohydrates, proteins and fats. Vitamins, minerals and trace elements cannot work without the presence of food.

CONTRA-INDICATIONS AND WARNINGS:

- Do not use this product if you are allergic to any of the ingredients.
- Speak to your doctor if you are pregnant or plan to become pregnant soon or if you are breastfeeding.
- Speak to your doctor if you have immune system problems before you take this product.

All products in the Choice range are manufactured to the highest standards and are available in leading pharmacies throughout South Africa. Quality products in the Choice range:-

ArthroChoice™	Helps to preserve and rebuild joint cartilage, as well as helping to provide relief from pain, inflammation and joint stiffness.
ImmunoChoice® Complex	Powerful antioxidant and immune boosting nutrients combined to provide multiple protection for long-term health.
Multi-Vit Choice™	An affordable, comprehensive multivitamin and mineral supplement with Lycopene.
OsteoChoice®	The ultimate calcium supplement containing vitamin D, minerals and other unique bone building nutrients.
PerformaChoice®	Improves sexual, mental and physical energy.
ViralChoice® Effervescent	Long-term immune support for cold and flu management in an effervescent dosage form.
ViralChoice® Capsules	Cold and flu immune system supplement.
ViralChoice® Vegetabs	Cold and flu immune system supplement for vegetarians.
ViralChoice® Junior Syrup	Cold and flu immune system supplement for children.
ViralChoice® Junior Multivitamin	A comprehensive, balanced fruity flavoured vitamin and mineral chewtab supplement for growing children.
VitaChoice® Capsules	Multinutritional supplement for people with busy stressful lifestyles.

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