

Oxymin® E-Catalogue

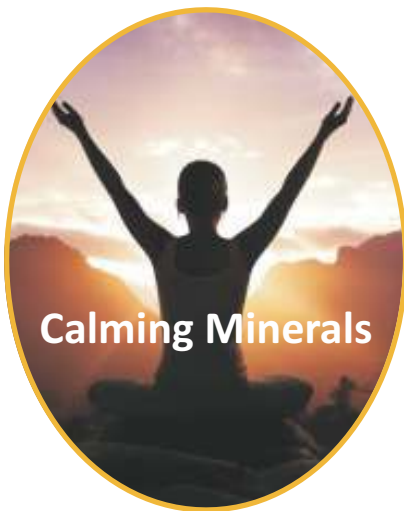


- ◆ OXYGEN
- ◆ MINERALS
- ◆ GREENS
- ◆ C POWDERS

A unique range of products, designed with optimal health in mind and based on the amazing benefits of Oxygen and Minerals...



- CALM
- Colostrum
- Flex
- Gold
- MSM
- Plus / Fresh
- Spirella
- Chlorella
- Spirulina
- Ascorbic Acid
- Calcium Ascorbate
- Sodium Ascorbate





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Reasons to choose:

- Highly absorbable & bio-available
- Effervescent formula mixes easily in cold water
- Lemon & lime flavour ensures a great tasting, refreshing mineral drink
- NO artificial sweeteners, only fructose, stevia, lemon and lime flavours
- pH balanced formula using differing types of calcium and magnesium
- Also contains trace minerals & Aloe Vera
- Australian Made

Calcium & Magnesium Complex

OxyMin® CalM is a proprietary blend of vitamins, minerals and herbs that contains a whopping **500mgs elemental calcium per serve** plus **200 mg elemental magnesium....**as well as **2000 mg Aloe Vera** to improve absorption and the correct balance of **Trace Elements**.

Health Benefits:

- Beneficial for **active and sports people**
- Can help **relieve muscular cramps, irritability and sleeplessness**
- Can help **prevent mineral deficiencies**
- Useful for both **calcium and magnesium** Daily requirements

Dosage:

7.5 gm (2 level teaspoons) daily in water
Half this amount for children

Available Sizes:

230gm tub

Contraindications:

Do not use when these conditions are present:
Hyperparathyroidism; Chronic Kidney Disease; Hypercalcaemia
Renal Failure and Heart Blockage

Side Effects:

Excessive consumption of magnesium may cause diarrhoea

❖OxyMin® Guarantee of Purity:

Pure pharmaceutical grade powder
Contains no animal ingredients
Micro tested to confirm purity

Specifications:

Each 7.5g dose of OxyMin®CalM contains a proprietary blend of minerals, vitamins and herbs in the following special ratios:

500 mg elemental Calcium from:	
Calcium lactate pentahydrate (1500 mg)	1.5 g
Calcium glycerophosphate	553 mg
Calcium carbonate	500 mg
Calcium ascorbate dihydrate	20 mg
200 mg elemental Magnesium from:	
Magnesium citrate	942 mg
Magnesium sulfate-dried	161 mg
Magnesium carbonate	117 mg

Zinc gluconate	5 mg
Manganese sulfate monohydrate	1 mg
Copper gluconate	250 µg
Aloe vera - Aloe barbadensis conc.	
equiv. fresh inner leaf juice(2000mg)	2.0 g
Stevia rebaudiana conc.equiv dry leaf	500mg

Also contains fructose and natural lemon & lime flavours.

Did You Know?

The pyloric sphincter muscle is located in the stomach and regulates the flow of nutrients into the intestine. Normally this is closed, opening at regular intervals when stimulated. When you drink a fizzy drink, the bubbles will form on the stomach lining and stimulate the pyloric sphincter muscle, causing it to open through the intestine. The intestine has a much higher surface area to volume ratio than the stomach which allows *much increased absorption of nutrients*. This is why you should choose Oxymin CalM as your preferred calcium/ magnesium supplement!

Listen to what our customers are saying:

"...Well certainly as the name implies, Oxymin® CalM every evening after dinner, before we go to bed and it helps us to sleep very well and very peacefully. And what's more, the peaceful feeling is sustained throughout the day. I have not had a recurrence of repetitive leg cramps since taking OxyMin® CalM. It really is an excellent product and the incredible thing is it is instant. For me the results were immediate. With some products you have to wait a week or even a month, but I noticed the benefits immediately. I just use a small teaspoon in a glass of water and it works instantly. I've now got my daughters taking it as well!..."

- H. Halliday, NSW

Each serve delivers 500mg Calcium and 200mg magnesium...elemental!

OxyMin®

Colostrum

Manufactured in the most advanced *colostrum only* production facility, using the latest technology:

Low Heat Pasteurization

Low-Pressure Processing

Indirect Steam Drying



Premium Powder Pure

- First Milking Colostrum
- Low-heat Processing
- Fat Reduced
- High Protein



OxyMin® Colostrum: 100% Pure Premium Colostrum is collected from **first milking only**, harvested **within 16 hours** of parturition (calving).

Colostrum from the first milking has significantly higher levels of proline-rich polypeptides (PRPs), immunoglobulins (Ig), and other important nutrient factors

At the initial stage of production, the raw colostrum is filtered and fat-reduced to concentrate protein levels (approx 64%) and maintain the Protein Rich Polypeptides and other important factors.

OxyMin® Colostrum is 'agglomerated' which increases the particle size making it more soluble and better able to mix into liquids.

Perfect for your smoothies or just mix into water or milk.



Halal
Certified



Kosher
Certified

OxyMin® Colostrum is critically controlled at every step of production, sampled, tested and analyzed by advanced Chromatography technology to ensure a **pure, nutrient dense and microbially safe product for you to enjoy!**

**Advanced
production
technology**

Processed using low-heat flash pasteurization to remove all potentially harmful pathogens. Carefully maintained low pressure and indirect drying preserves efficacy and bio-activity of the nutrient rich Colostrum.

**OxyMin®
Quality
Guarantee**

OxyMin®
Highly concentrated

FLEX



- ➔ Guaranteed BSE Free
- ➔ Highly Concentrated
- ➔ NO artificial colours or flavours
- ➔ pH buffered
- ➔ Hormone, Antibiotic & Chemical Residue Free

Health Benefits:

- ✓ Joint flexibility
- ✓ Improved Mobility
- ✓ Contains **no unbound calcium**
- ✓ All the active compounds are in **liquid concentrate** form, not suspended powders in liquids.

Customer testimonials in Australia have noted a positive response to BTC in relation to symptoms of Osteoarthritis, Rheumatoid Arthritis, as well as intractable skin diseases such as Psoriasis, Dermatitis, eczema etc. No negative reactions have been noted when used in conjunction with radiation or chemotherapy.



OxyMin Flex contains a high amount of bio-available type II Collagen which provides the most abundant and essential building blocks for maintaining healthy articular cartilage.



Don't be too FLEXible about your choice of cartilage product - FLEX is **highly concentrated** - confirmed with CSIRO testing.

Specifications:

Rich natural source of glucosamine and chondroitin sulphate. Contains other synergistic components.

Serving Suggestion:

One teaspoon (5ml) diluted in fruit or vegetable juice.
Note: 5ml of OxyMin® Flex liquid bovine cartilage is equivalent in bioavailability to 9gm of powdered cartilage.

Available Sizes:

200ml and 500ml

Contraindications:

No toxicity observed. Dosages up to 9 gm daily (5ml) have been taken with absolutely no side effects. (Ref: Dr John F Prudden)

❖ OxyMin® Guarantee of Quality:

- ✓ Manufactured at facilities recognized by QAP & overseen by AQIS
- ✓ In Australia, powdered bovine cartilage is a listed therapeutic good whereas liquid bovine cartilage is not yet included on the register and so is sold as a food product with no health benefits allowed to be claimed.

Reasons to choose:

- ✓ Cartilage washed and cleaned by hand
 - ✓ Only NATURAL preservatives used, including grape fruit extract and vinegar
- ✓ Strict AQIS Quality Control & Microbial Testing
- ✓ Each batch of raw material is documented and linked to origin.
 - ✓ Cost Effective 5ml serve
 - ✓ Totally Australian Made
- ✓ Very high concentration of actives - glycosaminoglycans
- ✓ More economical and pleasant to take than shark cartilage.
- ✓ Anti-angiogenesis factor is unlocked *in just one day*.
- ✓ DOES NOT CONTAIN any artificial flavours, colourings, preservatives, alcohol, salt, sugar, lactose, starch, yeast, or gluten.

OxyMin® liquid GOLD

Natural balance of major & trace minerals



- 💧 Highly Concentrated
- 💧 Predigested Plant derived
- 💧 Negatively charged and non toxic
- 💧 More than 77 minerals in EVERY SERVE GUARANTEED!
- 💧 OxyMin® Colloidal minerals imported direct from the source in UTAH.

Organic Plant Derived Colloidal Minerals
Less than 9c per ml of golden liquid.

Reasons to choose:

- ✓ Extracted in cold water without the use of damaging chemicals.
- ✓ Highly absorbable water-soluble hydrophilic minerals.
- ✓ OxyMin® Colloidal minerals are leached in closed vats (not open to the environment) using only cold pure clean water to ensure only pure colloidal minerals.
- ✓ Packed in TGA & GMP approved facility with strict Quality Control & Microbial Testing before and after bottling in Australia.
- ✓ Small amounts of food grade preservatives (required by GMP) to prevent growth of organic microbes.



Did You Know?

*Aluminium is the second most abundant mineral on earth, next to silica, which is first. Therefore when plants grow they draw aluminium from the soil. Very rarely will you ever find a plant or vegetable that does not contain aluminium. This form of aluminium is called **aluminium hydroxide**, which is used in food processing all around the world.*

Aluminium hydroxide is different than metallic aluminium found in cooking utensils and filtered from tap water.

Customer Testimonials:

💧 Over the last 12 months I have found OxyMin ' Gold Colloidal Minerals to be a great ally in my fight against fatigue when working long hours, mid-distance running(10-25k) and especially whilst doing intensive training for martial arts tournaments. As a bonus what is left of my hair has gone back to its youthful colour, alas my beard is still grey! I am now in my 46" year, feel great and intend to keep it that way!

- D McNeill, Birdwood NSW

💧 I started using OxyMin Gold about 6 weeks ago and am delighted with the results. My 16 & 18 year old sons also take the supplement. The 18 year old(who I have always had so much trouble getting vitamins into) actually comes looking because he said that Oxy Min* Gold actually helps him to concentrate and focus better at work.

- J Brandon, Melb. VIC

💧 I am a 55 year old farmer and have recently gone back shearing. Since I have been on OxyMin* Gold Colloidal Minerals I feel that I am a lot stronger I am working from Sam in the morning to 8.30 at night- long hours and big days- and I am not getting tired. Plus I haven't had any sickness since I have started on the minerals. All the other fellows I work with are younger than me and they don't have anywhere near the energy I have.

- MrK Seamer, NSW

Specifications:

Every batch assayed. Each 500ml of OxyMin® Gold contains approximately 18,000 milligrams of 7 major minerals and approximately 70 trace minerals....**in nature's best balance!**

Serving Suggestion:

One teaspoon (5ml) per 35 kg of body weight, diluted in fruit or vegetable juice.

Available Sizes:

500ml

Contraindications:

Generally safe. However mild reaction to sulphur content may occur in those with known sulphur sensitivity.



Reasons to choose:

- ➔ Pure micro-crystalline powder - for optimum absorption
- ➔ Pharmaceutical grade
- ➔ Not derived from petro chemicals
- ➔ Steam treated, not irradiated
- ➔ No fillers or free flowing agents



Pure Biological Sulphur

OxyMin MSM is pure pharmaceutical grade micro-crystalline powder.

DMSO is a non-toxic, 100% natural liquid by-product from the manufacture of paper. This pure liquid is then evaporated by special processes to form the finest microcrystalline MSM.

MSM helps maintain the shape and integrity of amino acids. Without sulphur, protein peptide bonds would not remain intact.

Health Benefits:

A valuable supplement for the body when additional sulfur is needed.

Storing, cooking and processing of foods destroys the available sulfur in foods

Did You Know?

PURE pharmaceutical grade MSM
Naturally derived organic powder

Make your own Liquid DMSO SPRAY

- ➔ Mix a teaspoon of pure OxyMin® MSM in 200ml of water to make a liquid DMSO spray.

There are various clinical applications for this spray however please conduct research before using. It is very quickly adsorbed through the skin, which is why you may note a 'garlic' taste in your mouth not long after applying. Always test on a small area of skin first.



GLASS, WOOD, CERAMIC or METAL containers are all safe to use with DMSO.

Warning: Do not let spray contact clothing, soft plastic or rubber. Avoid contact with eyes. Wash thoroughly after handling. In case of eye contact, flush eyes with water immediately.



The structure of the skin is held together by collagen. MSM helps maintain collagen health by bonding it together. If MSM supplies are depleted this may result in dry, cracked and scaly skin.

Specifications:

100% pharmaceutical grade Methyl-Sulfonyl-Methane (MSM) powder

PACKED in Australia in a TGA licensed laboratory, in accordance with GMP and AQIS.

Each batch is micro-tested after packaging to ensure no impurities or contamination (such as salmonella).

Serving Suggestion:

2 to 4 gm (½ -1 teaspoon) can be mixed with water, fruit or vegetable juice
Can also be sprinkled on food

Available Sizes:

200gm, 500gm or 1kg

Contraindications:

Not recommended during pregnancy or breast feeding
Use with caution for those on anticoagulant medications.

Side Effects:

Mild GIT disturbances, nausea and headaches when consumed in excessive amounts.

Pure Liquid Oxygen

OxyMin®
pH Balanced

PLUS



Reasons to choose:



- Whole intact oxygen molecules
- Absorbs immediately into blood stream
- Elevates blood oxygen levels in minutes
- Balanced to the pH of the blood
- Safe to use undiluted directly on skin or mucous membranes

Diatomic Liquid Oxygen Supplement

OxyMin® Plus supplies extra oxygen to help supplement your body's daily oxygen requirements.

OxyMin® Plus Di-Atomic oxygen is a stable (intact) form of oxygen that is wholly bio-available to the bloodstream.

Doesn't require HCL acid for utilization of oxygen molecules, making it ideal for the elderly or for anyone with digestive disorders.

OxyMin® Plus will donate and pinch electrons destroying anaerobes integrity. Anaerobes will die in a strong oxygen environment.

Health Benefits:

- ➔ Reduce fatigue
- ➔ Reduce platelet stickiness
- ➔ Reduce pathogen levels
- ➔ Helps utilize vitamins, minerals and antioxidants in the body



Did You Know?

Unlike healthy human cells that love oxygen, the disease causing viruses, bacteria, fungi, and parasites like most primitive lower life forms, are almost all anaerobic. That means these microbes cannot live in an oxygen rich environment.

Pure Diatomic Oxygen Molecules will raise blood oxygen levels in minutes!

Specifications:

Contains intact diatomic oxygen molecules.
Guaranteed no less than 5% v/v of bio-available oxygen at expiry date.
Independent tests on this product commissioned in Japan using different testing methods show up to 23% v/v at manufacture date.
Manufactured electrically in a light saline solution made from Atlantic sea salt. PACKED in a government health department approved facility.

Directions:

Mix approx 20 drops (1ml) in water up to three serves per day.

Available Sizes:

Diatomic Oxygen 500ml
Diatomic Oxygen 250ml
Diatomic Oxygen Spray 100ml

Contraindications:

Use with caution for those on anticoagulant medications.
Note: Excessive consumption may cause sleeplessness.

OxyMin®
pH Balanced

FRESH

OxyMin® Fresh O² Spray

Use as a facial toner or breath freshener. Great during airplane travel.
Safe for plants & pets, too!



OxyMin® Spirella®

Organically Grown

50/50 Blend Spirulina & Chlorella Powder

THE BEST OF BOTH WORLDS!

Combines the easily digestible and high protein properties of spirulina with the unique chlorella growth factor (CGF) and abundant iron stores found in chlorella. Note: CGF is an amalgam of RNA, DNA, amino acids, vitamins and minerals.

OxyMin® Spirella delivers a potent dose of Spirulina and Chlorella together in one easy to take product!

Super Clean and Green for less than 8c per gram!

Health Benefits:

IDEAL FOR VEGETARIAN AND VEGANS

Helps meet protein requirements and elevate blood iron levels. Detoxifies the body and alkalizes the blood



Did You Know?

Not to be confused with 'Spirella' made-to-measure corsets, which began manufacturing dress-bones and bustles but started corset manufacture in 1904. Our Spirella is trademarked as a dietary supplement!



Reasons to choose:

- ➔ Easily dissolvable and great taste!
- ➔ PURE ORGANICALLY GROWN
- ➔ Independently lab tested
- ➔ GMO Free
- ➔ Strictly NO chemicals used during any stage of the cultivation and harvesting process
- ➔ NO preservatives, dyes, stabilizers, fillers or flowing agents



Independent testing in Australian labs confirm origin and purity!

- A full screening was conducted of more than 50 chemicals, pesticides, impurities and heavy metals were tested and all were **below established levels of detection.**
- A further test was commissioned from Dr Glenn Graham - a leading forensic specialist from the Qld Health Forensic and Scientific Services – to ascertain that OxyMin® Spirella was indeed a combination of Spirulina Maxima and Chlorella. "The sample appears to be consistent with the claims made on the printed label as being Spirulina and Chlorella."

So it's nice to know you are getting what you pay for...and that it is, in fact, CLEAN and GREEN!

- Full copies of testing available by contacting your KRPAN account manager.

100% Pure Spirella® Spirulina/Chlorella Blend

Specifications:

Each batch of OxyMin® Spirulina and Chlorella is laboratory identified and assayed for heavy metals and organic volatile impurities. Controlled conditions which restrict the growth of other contaminating and potentially toxic species of algae. PACKED in AQIS and GMP approved facility.

Serving Suggestion:

Up to one teaspoon can be mixed with water, fruit or vegetable juice. More if desired however this is a highly concentrated blend.

Available Sizes:

Spirella® -200g, 500g and 1kg 500g Pure Powder Dietary Supplement

Contraindications:

None known. However these products are highly concentrated foods and excessive consumption may result in slight nausea, dizziness and constipation. Chlorella component is not recommended during pregnancy or while breast feeding.



Powerful combination of AQUA Greens - Blend perfectly to create this SUPER food!

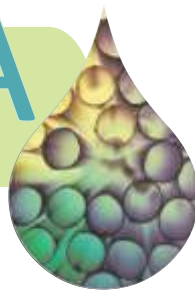


Protein Rich Algae

OxyMin®

Organically Grown

AQUA
GREENS



Reasons to choose:

- ➔ PURE ORGANICALLY GROWN
- ➔ GMO Free
- ➔ Gluten Free
- ➔ GUARANTEED FREE from Herbicides, pesticides & fungicides
- ➔ NO preservatives, dyes, stabilizers.
- ➔ NO Fillers or flowing agents



Strictly NO chemicals used during any stage of the cultivation and harvesting process

NO LESS THAN 65% PROTEIN per serve!

Hand Harvested on mesh screens and washed with purified water to form an aqueous mixture. This process occurs at ambient temperature of approx. 25°.

This mixture then undergoes a spray drying process for only a few seconds to form a fine green powder. The temperature in the drying zone is 45° to 55°. This process is controlled to maintain the highest nutrient value.

OxyMin® Aqua Greens are very dark green pure powders, indicative of the high chlorophyll content.

Health Benefits:

RICH VEGETABLE PROTEIN

Ideal for vegetarians wanting to increase protein consumption
Detoxifies the body and alkalizes the blood

Sun grown and harvested late in summer to maximise chlorophyll content.
Milled at 200 microns to break down cell wall to create a super fine powder for maximum absorption.

Did You Know?

OxyMin® Algae are DNA analysed by leading forensic biologist to confirm origin and purity. Independent Australian laboratory tests confirm zero contaminants, heavy metals or impurities
= CLEAN & GREEN!

Specifications:

Each batch of OxyMin® Spirulina and Chlorella is laboratory identified and assayed for heavy metals and organic volatile impurities.

Controlled conditions restrict the growth of other contaminating and potentially toxic species of algae.

PACKED in AQIS and GMP approved facility.

Serving Suggestion:

One teaspoon can be mixed with water, fruit or vegetable juice.

More if desired.

Try combining with apple or pineapple juice for a taste sensation!

Available Sizes:

Pure Spirulina - 500g and 1kg

Pure Chlorella Broken Wall - 500g and 1kg

Contraindications:

None known. However these products are highly concentrated foods and excessive consumption may result in slight nausea, dizziness and constipation. Chlorella is not recommended during pregnancy or while breast feeding.

Perfect water vegetables!



100% Pure Chlorella Powder

Botanical Name: Chlorella Pyrenoida

OxyMin®

Vitamin C



OxyMin® Ascorbic Acid is 100% pure Ascorbic Acid micro-crystalline powder. This form of crystalline powder is highly soluble in water or juice. Ascorbic acid is an organic acid with antioxidant properties. The L-enantiomer of ascorbic acid is commonly known as vitamin C. This water soluble form of Vitamin C is commonly used as an antioxidant food additive/preservative.

Specifications: 1,000 mg of ascorbic acid contains 1000 mg of pure vitamin C (ascorbic acid)

OxyMin® Calcium Ascorbate is non-acidic form of Vitamin C that is gentle on the stomach as it delivers Ascorbic Acid that has been buffered (neutralized) with absorbable calcium. Suitable for sensitive persons to avoid the acidity of ascorbic acid without adding extra dietary sodium as in the case of Sodium Ascorbate. This is the chosen form of Vitamin C for many women as it replenishes stores of calcium that Vitamin C alone may deplete.

Specifications: 1,000 mg of calcium ascorbate contains 898 mg of ascorbic acid and 102 mg of calcium.

OxyMin® Sodium Ascorbate is a non-acidic, highly soluble form of Vitamin C which is gentle on the stomach as it delivers Ascorbic Acid that has been buffered (neutralized) with Sodium. Suitable for sensitive persons to avoid the acidity of ascorbic acid. This form of micro-crystalline powder is highly soluble in water or juice.

Specifications: 1,000 mg of sodium ascorbate contains 889 mg of ascorbic acid and 111 mg of sodium

Reasons to choose:

- ✓ Pure pharmaceutical grade vitamin C
- ✓ Each batch of OxyMin® C Powder is assayed for heavy metals and organic volatile impurities.
- ✓ Free from pesticides, herbicides, dyes, preservatives & stabilizers.
- ✓ Yeast, starch & gluten free.
- ✓ Packaged in AQIS approved facility
- ✓ Tamper evident tub for your convenience and to ensure stability
- ✓ GMO free: No GMO foods are used as the original biomass in production.

Serving Suggestion:

¼ to 1 teaspoon mixed in water or juice, in split servings, depending on bowel tolerance. Refer next page

Available Sizes:

500gm 1kg and 200gm

Did You Know?

During phases of illness, your body will be able to tolerate much higher levels of Vitamin C, then as you regain your health you will need less and less.



What does taking vitamin C to bowel tolerance mean?

Many people do not realize that man is one of the few mammals which does not manufacture its own supply of vitamin C, also known as ascorbic acid. Thanks to the ground breaking work of Nobel Prize winner Dr Linus Pauling, many experts now agree that **Vitamin C appears to be most effective in fighting disease when the dose is close to the bowel tolerance limit.**

How do you test bowel tolerance?

Begin with taking 1,000 to 2,000 milligrams (mg) every day and increase by 1,000 mg daily until you have a loose stool several days in a row. Remain slightly below that dosage, daily. You can split the dosage throughout the day if the milligrams run high during the detox process.

Ascorbic acid removes toxins from the water stores within your body, and ideally, every cell within your body should be bathed in water. When the ascorbic acid levels have successfully reached every cell within your body, the excess vitamin C excretes in your stool, which makes it soft and watery.

(Excerpted from publications by Dr Janet Starr Hull who holds a PHD in Nutrition and a MA in Environmental Science)

How and when to take Vitamin C:

The best way to take vitamin C supplements is 2 - 3 times per day with meals, depending on the dosage. The laxative effect will be greater when Vitamin C is taken on an empty stomach, so better to test bowel tolerance with meals.

How much is enough?

Dr. Pauling reported that he took 18 grams of it every day and he lived to be over 90!

It is notable that Dr. Pauling's interest in vitamin C was sparked by his observation that he and his wife experienced a striking decrease in the number and severity of colds after they started taking large quantities of it. This is based on research in Dr. Linus Pauling's book "How to live Longer and Feel Better".

Can you have too much Vitamin C?

It is a misnomer that large quantities of Vitamin C are poisonous, however important to note that if you do need to increase your Vitamin C intake to fight a particular infection, it is best to reduce the dosage slowly. Reports indicate that if you take a lot of vitamin C and stop taking it suddenly, your liver will draw it out of your immune system, leaving you vulnerable to infection.

Who should NOT take mega doses of Vitamin C?

Large doses of Vitamin C should not be used by anyone with a diagnosed medical condition without first consulting with their health care practitioner. These include, but are not limited to those who have:

- sensitive kidneys, kidney stones, or other kidney problems.
- Hemochromatosis (too much blood iron)
- Warfarin therapy, Chemotherapy, Aspirin & blood pressure medications.

Dietary Sources of Vitamin C:

Some excellent sources of vitamin C are oranges, green peppers, watermelon, papaya, grapefruit, cantaloupe, strawberries, kiwi, mango, broccoli, tomatoes, brussels sprouts, cauliflower, cabbage, and citrus juices or juices fortified with vitamin C. Raw and cooked leafy greens (turnip greens, spinach), red and green peppers, canned and fresh tomatoes, potatoes, winter squash, raspberries, blueberries, cranberries, and pineapple are also rich sources of vitamin C. *Note: Vitamin C is sensitive to light, air, and heat, so you'll get the most vitamin C if you eat fruits and vegetables raw or lightly cooked.*

**OxyMin® C Powders offer a perfect way to supplement your diet.
1gm of OxyMin® Ascorbic Acid = 1000 mg of pure Vitamin C.**