

D-HIST JR.



RECOMMENDED USE

- Helps to maintain immune function.
- Source of antioxidants for the maintenance of good health, that decrease the adverse effects of free radicals on normal physiological functions, helps to reduce and protect against free radicals and lipid oxidation in body tissues.
- Helps in the development and maintenance of bones, cartilage, teeth, and gums.
- Helps in connective tissue formation and wound healing.
- Helps to prevent vitamin C deficiency.

IMMUNE SUPPORT

D-Hist Jr. is a great-tasting, children's chewable tablet that contains vitamin C to help maintain a healthy balance in a variety of immune system functions.

Quercetin

Quercetin is a biologically active flavonoid antioxidant that is widely distributed in plants including oak trees, onions, and tea.^{1,2} Antioxidants are important to reduce the damaging effects created by the oxidation of molecules leading to oxidative damage of cells. Quercetin decreases the adverse effects of free radicals on normal physiological functions.

Vitamin C

Vitamin C cannot be synthesized by humans and is therefore an essential nutrient that must be consumed in the diet. Among its numerous health-promoting properties, vitamin C helps in wound healing, connective tissue formation and the development and maintenance of bones, cartilage, teeth and gums, and is an antioxidant for the maintenance of good health.

Recommended Dose

Adolescents 12 and over: Chew one tablet daily with food or as recommended by your health care professional. For prolonged use or use beyond 4 weeks, consult a health care practitioner.

Medicinal Ingredients (per chewable tablet)

Vitamin C (Ascorbic acid USP)	75 mg
Quercetin (Quercetin dihydrate)	89 mg
Stinging nettle (<i>Urtica dioica</i> , Leaf)	100 mg
Fruit bromelain (<i>Ananas comosus</i> var. <i>comosus</i> , Fruit)	900,000 FCC PU (25 mg)
N-Acetyl-L-cysteine USP	12 mg

Non-Medicinal Ingredients

Sucrose, Xylitol, Lemon-lime flavour, Vanilla, Stearic acid, Sodium stearyl fumarate, Silica, Rebaudioside A [Organic], Maltodextrin.

Risk Information

Consult a health care practitioner prior to use if you have kidney stones and/or gastrointestinal lesion/ ulcer, are taking an anticoagulant/ blood thinner, anti-inflammatory or antibiotic, or are having surgery. Hypersensitivity/allergy, nausea, vomiting, and diarrhea has been known to occur; in which case, discontinue use (and consult a health care practitioner). Do not use this product if you are pregnant or breastfeeding and/or if you are taking antibiotics or nitroglycerin.

To be sure this product is right for you, always read and follow the label.

References:

1. Della Loggia R, Ragazzi E, Tubaro A, et al. Anti-inflammatory activity of benzopyrones that are inhibitors of cyco- and lipo-oxygenase. *Pharmacol Res Commun* 1988;20:91-94.
2. Kim HP, Mani I, Iversen L, Ziboh VA. Effects of naturally-occurring flavonoids and bioflavonoids on epidermal cyclooxygenase and lipoxygenase from guinea pigs. *Prostagladins Leukot Essent Fatty Acids* 1998; 58:17-24.