Vitamin C

Data Sheet

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Vitamin C

High-dose vitamin C from rosehip extract

For daily support of the immune system[2] & energy metabolism[3]

More than just immune support. Your daily cell protection in pure form.

Whether during stress, physical exertion, or cold season: vitamin C from rosehip provides your body with highly bioavailable vitamin C from a natural source.

- From rosehip extract (70% vitamin C content)
- For the immune system
- Reduces fatigue & supports energy production
- Protection against oxidative stress
- Free from artificial additivesv

What is Vitamin C?

Vitamin C (ascorbic acid) is an essential **water-soluble micronutrient** that the human body cannot produce on its own. It must therefore be regularly obtained through diet or suitable supplements.

An increased need for vitamin C occurs especially during physical or mental stress, intense sports activity, in smokers, during infection phases, or with an unbalanced diet. In such situations, targeted, high-dose intake can be useful to strengthen the **immune system2** and protect the body from oxidative stress5 caused by **free radicals**.

Key functions of vitamin C in the body

- **Immune system:** Contributes to the normal function of the immune system2
- **Energy & mind:** Supports energy metabolism3 and normal psychological function9
- **Nervous function:** Contributes to the normal function of the nervous system8

- **Fatigue:** Reduces tiredness and fatigue7
- **Cell protection:** Protects cells from oxidative stress5
- **Iron absorption:** Increases iron uptake in the intestines6
- **Collagen formation:** Supports normal collagen formation for skin, bones, cartilage, and blood vessels4

Why Vitamin C from artgerecht?

Vitamin C 1000 mg from **rosehip fruit extract** is a high-quality, purely natural dietary supplement with a vitamin C content of **70%** for **maximum bioavailability**. Rosehip is one of the best **natural sources** of high-quality vitamin C, entirely without synthetically produced ascorbic acid.

Vitamin C not only contributes to the normal function of the **immune system2**, but also supports **collagen formation** in skin, bones, cartilage, and blood vessels.4 At the same time, it protects cells from **oxidative stress5**, reduces **fatigue7**, and supports the normal function of the **nervous system8** and **mental function9**. This makes vitamin C a key micronutrient for health, regeneration, and performance.

The high-dose formula provides 1,000 mg of vitamin C per daily serving, making it ideal for targeted intake during times of increased demand, oxidative stress5, or cold season. Thanks to its natural origin from rosehip extract, vitamin C is particularly **well tolerated** and highly **bioavailable**, optimal for daily supply. Unlike synthetic ascorbic acid, the vitamin C in rosehip is absorbed by the body more slowly, evenly, and efficiently due to its accompanying plant compounds.

Scientific background to Vitamin C?

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Frequently Asked Questions

Why 1,000 mg of vitamin C per day?

This amount ensures reliable supply, even during times of higher demand such as stress,

sports, or cold season. The dosage of 1,000 mg per daily serving is based on scientific recommendations for targeted immune system support.

What are the benefits of vitamin C from rosehip extract?

Rosehip provides natural, plant-bound vitamin C with high bioavailability. This means the body can absorb and utilize it particularly well without causing irritation. This is because vitamin C from rosehip is contained in a matrix of natural plant compounds that can improve absorption and utilization.

How does vitamin C specifically support the immune system?

Vitamin C supports the immune system on several levels. It promotes the activity and mobility of immune cells, such as neutrophils, thereby supporting the targeted destruction of pathogens. It also protects immune cells from oxidative stress, which increases during inflammation. Furthermore, vitamin C contributes to the production of interferons, which strengthen antiviral defense. Finally, vitamin C supports the production and function of lymphocytes, the central cells of adaptive immunity.

Who should supplement with vitamin C?

Vitamin C is particularly recommended for people with an increased risk of infection, such as parents, seniors, people in occupations with frequent contact, athletes, as well as anyone with a stressful lifestyle or an unbalanced diet.

How does natural vitamin C differ from synthetic vitamin C?

Natural vitamin C from rosehip extract also contains secondary plant compounds that can promote absorption. In contrast, synthetic ascorbic acid powder is often consumed in isolated form, without accompanying plant substances.

Does vitamin C have side effects?

Vitamin C is generally well tolerated. The European Food Safety Authority (EFSA) classifies doses up to 1,000 mg per day as safe. Since vitamin C is water-soluble, any excess is primarily excreted via the kidneys. In its natural form, vitamin C is also well tolerated even with a sensitive stomach.

More about Vitamin C

Vitamin C as a cofactor for enzymes & neurotransmitters
Vitamin C is indispensable for several **enzymatic processes** in the body. For example, it acts as a cofactor in the synthesis of neurotransmitters such as **norepinephrine** and in the hydroxylation of **amino acids** during collagen formation. The latter is a crucial step for the stability of connective tissue, cartilage, and blood vessels. In addition, it plays a role in the conversion of cholesterol into **bile acids** and in the regulation of **tyrosine**. Due to these biochemical functions, vitamin C is an important component for cell metabolism and structural processes in the body.
Vitamin C against oxidative stress
Vitamin C is a powerful **antioxidant**. It neutralizes reactive oxygen species and regenerates other antioxidants such as **vitamin E**, thereby prolonging their protective effect.[11] This antioxidant effect plays a decisive role in protecting cell structures such as membranes, proteins, and DNA from harmful influences.

Ingredients

Rosehip fruit extract (*Rosa canina*, contains 70% vitamin C), capsule shell: hydroxypropyl methylcellulose.

Content	Amount per daily dose (2 capsules)	NRV[1]
Rosehip extract	1428 mg	-
- of which vitamin C	1000 mg	1250 %

Recommended intake

Take 2 capsules daily, one with 150 ml of water at breakfast and one at dinner.

Additional information

- SKU/MPN: 15118
- Content: 60 capsules
- Net filling quantity: 61g
- EAN/GTIN: 4260656121061
- PZN (DE): 19964887
- PZN (AT): 5983349
- Customs tariff number: 21069098
- Origin: SI
- Version: 16.04.2026

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1) Nutrient reference values for adults, based on Regulation (EU) 2) Vitamin C contributes to the normal function of the immune system 3) Vitamin C contributes to normal energy metabolism 4) Vitamin C contributes to normal collagen formation for the normal function of skin. Vitamin C contributes to normal collagen formation for the normal function of blood vessels. Vitamin C contributes to normal collagen formation for the normal function of bones. Vitamin C contributes to normal collagen formation for the normal function of cartilage. 5) Vitamin C helps protect cells from oxidative stress 6) Vitamin C increases iron absorption. 7) Vitamin C contributes to the normal function of the immune system during and after intense physical exercise 8) Vitamin C contributes to the reduction of tiredness and fatigue. 9) Vitamin C contributes to the normal function of the nervous system. 10) Vitamin C contributes to normal psychological function. 11) Vitamin C contributes to the regeneration of the reduced form of vitamin E.