



MEDI-C PLUS (POWDER & CAPSULES)

I have been using Medi-C Plus but keep noticing that before I finish my container the contents turn a yellow/brownish colour and the powder crystallizes and goes clumpy.

Why is this? Is something wrong with this product?

No, nothing is wrong with the product, this is an aesthetic issue only, however you may want to consider storing the product differently. Vitamin C undergoes a chemical reaction known as oxidation, and oxidation is affected directly by how the supplement is stored. Once the container is opened, Medi-C Plus will begin to degrade quickly, so in order to keep the product as fresh as possible we recommend the following:

- 1/** do not remove the desiccants that are already inside the container.
- 2/** keep the lid tightly closed at all times.
- 3/** shake the container often.
- 4/** do not store the container in a hot/humid room (ie. kitchen or bathroom), instead keep it in a cool, dry area (ie. bedroom). Customer feedback indicates that storing Medi-C Plus in the fridge works well also.
- 5/** do not use a wet scoop and/or spoon with the powdered product.

What is Medi-C Plus?

Medi-C Plus is a proprietary blend of Vitamin C, Lysine and Calcium Ascorbate - a combination that is proven to help strengthen coronary arteries and collagen.

Is Medi-C Plus GMO free?

Yes, effective October 2015, we have received confirmation that Medi-C Plus is now 100% free of any genetically modified organisms (including the flavours and flavour enhancers). This includes both the powder product and the vegetarian capsules.

Is Medi-C Plus gluten free?

Yes, we do have confirmation on file that there is no gluten added and no gluten present in the Medi-C Plus (powder or caps). However, our manufacturing facility is NOT a gluten free facility, and as we do process products that contain gluten we are unable to confirm 100% that there is no possibility of cross contamination.

Why a Vitamin C and Lysine formula?

Large doses of Vitamin C are required to prevent and reverse atherosclerosis that causes heart attack. Vitamin C prevents this from happening by producing healthy collagen that binds coronary cells together. Without sufficient Vitamin C, microscopic cracks occur in collagen, setting the stage for the formation of a blood clot and coronary attack. Lysine prevents plaque from forming on artery walls as well as pulling plaque loose and destroying it.



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It seems to me that there is A LOT of Vitamin C and Lysine in one scoop. Isn't it too much?

There are no known toxic levels to either Vitamin C or Lysine, however in some individuals Vitamin C in high doses can cause diarrhea. If this happens, decrease the dose of Medi-C Plus to bowel tolerance.

Can I take Medi-C Plus with another liquid besides water?

Medi-C Plus is usually taken with water, but you can substitute with orange juice if you prefer. Please note it should not be taken with grapefruit juice.

Why does my Medi-C Plus powder not completely dissolve in water?

Medi-C Plus does indeed remain opaque in appearance. The maltodextrin base (a food additive that acts as a flavour carrier) will leave a cloudy appearance when mixed with water. This is normal and does not in any way interfere with the efficacy of the product.

What is the source of the ingredients in Medi-C Plus?

The source material for Vitamin C (ascorbic acid, calcium ascorbate), L-Lysine, Xylitol and citric acid is non-GMO corn. The orange/lime and berry powders contain flavours that are naturally sourced. Stevia is from Stevia leaf. The Medi-C capsules contain no flavours or sweeteners.

Why does the label for Medi-C Plus indicate Vitamin C (calcium ascorbate and ascorbic acid) and then on the next line Calcium (calcium ascorbate)?

The calcium is a part of the 2000mg of Vitamin C (which is sourced from calcium ascorbate), but it is at a medicinal level so it needs to be listed on the label (179mg) separately.

Since Medi-C Plus contains calcium (calcium ascorbate), why doesn't it contain Magnesium? Magnesium is the guide for calcium isn't it?

As indicated, the calcium in Medi-C Plus is in the form of calcium ascorbate - which is a buffered form of Vitamin C (meaning it is better to think of the calcium as a form of Vitamin C instead of an ingredient on its own). This buffered form is chosen to be used by many companies (ourselves included) mainly because pure ascorbic acid can be hard on the stomach of some individuals while the buffered form is generally better tolerated. As it is a relatively small amount of calcium that is in the Medi-C Plus and because its role is for lowering LDL and Lp(a) & supporting cardiovascular health, there really isn't the need for magnesium in the product. Magnesium could indeed be taken in conjunction with Medi-C Plus should you so choose, however it would not be absolutely necessary for absorption.

What is the Vitamin C ratio in your Medi-C Plus?

The Vitamin C ratio for calcium ascorbate vs. ascorbic acid is 3:1 in this formula

How much Medi-C Plus should I take a day?

For most individuals, one scoop twice daily (ie/one with breakfast and one with dinner) is adequate. However, if there has been a coronary attack or a history of heart disease, then three scoops daily are advisable.

How long do I need to take Medi- Plus for?

Since our bodies do not make Vitamin C and Lysine on their own, it is recommended to incorporate Medi-C Plus into your lifetime regime to help circumvent heart attack.



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How will I know that Medi-C Plus is working for me?

Individuals who begin taking Medi-C Plus likely won't notice any outward physical changes, however the internal benefits are great - Medi-C Plus will help to strengthen collagen, remove Lipo-protein.a, reduce cholesterol levels and improve circulation. This improved circulation will result in better recovery from exercise (less body aches and pains), warmer hands/feet and less inflammation. Regular intake of Vitamin C will also boost the immune system, resulting in a body that is better equipped to fight infections, colds and the flu.

The literature states "helps lower blood cholesterol" My cholesterol is normal but I have atherosclerosis. I do not want to lower my already normal cholesterol, but I do want to impact the atherosclerosis - should I take this product?

Medi-C Plus indirectly reduces blood cholesterol levels by reducing inflammation in the body. If you already have normal cholesterol, it will not reduce it further. Cholesterol is typically produced in excess in response to chronic inflammation in the body from diet, lifestyle, stress, heavy metals, etc. Vitamin C and Lysine can be used preventatively to help control inflammation and thus help to prevent atherosclerosis.

Do I stop taking my CLD (cholesterol lowering drug) now that I'm taking Medi-C Plus?

We are unable to advise one way or the other regarding this - it is advisable to discuss this with your own GP or Health Professional.

Can I take Medi-C Plus along with my anti-coagulant medication (ie/Coumadin)?

Unfortunately, large doses of Vitamin C can decrease the effect of Coumadin and Warfarin. What this means is that by taking a full dose of Medi-C Plus daily (2-3 scoops), then your body might not be getting 100% effective benefits of your prescribed medication. It is best to take the two products at 1-2 hours apart from each other, however if you have any concerns about absorption and/or effectiveness, then we recommend you follow up directly with your own GP or Alternative Health Professional to discuss.

I would like to take Medi-C Plus, but acid foods bother my stomach and I understand that ascorbic acid (Vitamin C) is acidic.

This isn't a problem actually! For every one scoop of Medi-C Plus, add one quarter of a scoop of baking soda. The addition of baking soda will make Medi-C Plus a neutral solution and will not change its effectiveness.

Is there a reason that Medi-C Plus does not contain Proline?

According to Dr. Gifford-Jones, Linus Pauling did not believe it was necessary because our bodies already produce Proline. It does not appear that if Proline was in the formula there would be any added benefit and ultimately the cost of the finished product would have increased.

Are there any contraindications to taking Medi-C Plus?

Individuals who suffer from hemochromatosis (often called "iron overload") should not take any type of Vitamin C. In these individuals, excessive amounts of Vitamin C will increase the absorption of iron which can result in serious issues.

Can I take Medi-C Plus during pregnancy?

As the effects of L-Lysine supplementation during pregnancy and lactation have not been sufficiently evaluated, it should not be used during these times.



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I have had my gallbladder removed and am concerned about the extra work that my liver has to do and how the high dosage of Vitamin C will impact that.

With 2000mg of Vitamin C in one scoop (or 5 capsules), this amount is not considered excessively high. There should be no problem with Medi-C Plus and any impact on the liver - in fact Medi-C Plus will help to support healthy liver detoxification by binding onto free radicals, which will actually lessen the stress and load on the liver.

Why do I have to check with my doctor after taking Medi-C Plus for six months?

The caution on our Medi-C Plus label is due to Health Canada regulations, meaning that Preferred Nutrition must recommend that individuals are regularly following up with their GP, ND or Health Professional. If someone has a history of heart disease, high cholesterol, high blood pressure, etc. then it would be important for them to be monitored twice a year regardless. One dose of Medi-C Plus contains five grams of ingredients including two grams of Vitamin C and 1,300mg of Lysine. These amounts are based on research supporting these dosages for cardiovascular benefits, for colds and flus, viral infections and proper muscle function (among others). Health Canada does require a statement declaring that products containing more than 301mg per dose should not be used for more than six months without consulting a Health Care practitioner, however this is because the majority of studies using more than 300 mg per day have been of 6 months (or less) in duration.

How many carbs and how many calories are there in one serving of Medi-C Plus?

In both the original (orange-lime) and berry flavour there is 1g of carbs and 4 calories per 5g serving.

I have purchased a powdered product, but it went very hard on me. Do you know how I can make it soft again? Is this common?

Yes, this is common, especially if the lid is not tightly secured after each use since there is then the possibility of moisture getting into the container. Moisture in the container causes the product to clump and/or go hard. Try using a spoon to break up the product and make sure you secure the lid tightly after each use. There are also desiccants in the containers that are intended to help with this issue. Please also refer to the 1st FAQ on page 1, as it offers some tips on storage for Medi-C Plus.

Can I add my powdered product to hot water in order to help it dissolve better?

Adding your powdered product to room temperature or slightly warmer water to dissolve it before adding it to juice or cold water should be fine, however we do not recommend adding it to boiling or very hot water because by doing so will likely affect its efficacy.

Why isn't my container of powdered product full? Am I being ripped off?

When the containers are initially filled they are actually full, however once the product has been sealed and shipped out, the contents of the container (the powder in this case) will begin to settle and become more compressed and then, upon opening, it will appear that the powder is no longer filling the whole container or that the containers we are using are too big. This is not the case, and it is quite normal for any powdered product to settle during shipping. You can rest assured that each scoop of powder will still contain the nutritional information, exactly as indicated on the label.

Are any of your products tested on animals?

No, there is no animal testing on any of our products.



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Do all of your products have an NPN?

Yes, all of our products have been issued a Natural Product Number (NPN) by Health Canada – these numbers do appear on our labels. Further Natural Health Product criteria and information can be found on the Health Canada website www.hc-sc.gc.ca Under the Food and Drugs Act items that are considered a food – for example, our protein powders and herbal teas – do not require an NPN.

Are your capsules GMO free?

Yes, our vegetarian capsule shells, our gelatin capsule shells and our softgel shells are all non-GMO.

Are your products GMO free?

Confirmation for many products has been listed separately as to whether or not GMOs are present in the formula or if any ingredients have come from a genetically modified source. If nothing is indicated on the FAQs then we are still in the process of having testing done and the product information will be updated once complete. This information will be updated on our website, as well as on our product information sheets and on our labels. This will be done as quickly as possible and on a product-by-product basis.

Why have your cautions and your recommended/suggested usages changed so dramatically on many of your labels?

The changes you are noticing to our suggested usage and cautionary statements have been at the directive of Health Canada. There have been many regulatory changes with regards to Natural Health Products causing companies to change their labels accordingly. We update our website, product information sheets and labels on the actual products to reflect these regulations as quickly as we possibly can. Health Canada and the industry representing natural health products act according to the interest of consumers and their safety. As a result, if there is any concern with an existing condition, a caution is added to advise the consumer to seek out feedback from their Health Care professional.

Where do you source your products from?

All of our products are manufactured at a GMP facility certified by Health Canada. All raw materials come in and are tested for purity, safety and potency. If they do not meet our standards they are rejected and sent back or destroyed. We use the highest quality ingredients available. Many of our products contain proprietary patented ingredients that have been clinically researched. We also use organic whenever we can.

Will this product help me lose weight?

There is no such thing as a "magic" pill or product - the only way to succeed (and maintain) true weight loss is by adopting a healthy lifestyle combining adequate exercise and proper nutrition. If you are concerned about poor eating habits or cravings, then we recommend you seek advice from a Nutritionist or Naturopath to obtain some guidance on healthy eating, as well as to investigate possible underlying (or undiagnosed) hormonal imbalances, which can make it harder to lose weight. You might also want to consider speaking with a personal trainer to help you discover a fun fitness program that you enjoy - because, no matter what, in order to achieve and maintain any type of weight loss, exercise is required. Our vitamins and supplements are designed to help you in your quest to a daily, healthy lifestyle, however it also requires effort on your part.

Are your products gluten free?

Confirmation for many products has been listed separately as to whether or not gluten is added and/or present in the formula. If nothing is indicated on the FAQs then we are in the process of having gluten testing done and the product information will be updated once complete. Please be advised however that our manufacturing facility is NOT a gluten free facility.



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Are your products peanut free?

Following compliance with food regulations, in order to make a negative claim such as "peanut free", it would be necessary to insure a zero tolerance of any peanut traces, including the possibility of cross contamination. Although our manufacturing facility has a policy in place for allergen control, there is no specific policy for peanuts, nor is there a specific "no peanut agreement" with our raw material suppliers.

Can your products be used after the expiry date has passed?

Supplements generally keep their potency long after the expiry date. There is certainly no safety issues with consuming after the expiry date has passed however the potency degrades over longer periods of time.

If a product does not specify "vegetarian capsule", then what is it made from?

These capsules are gelatin capsules sourced from either pork or beef.

Are any of your products "vegan-friendly"?

Yes, AdrenaSense, EstroSense, MenoSense, BioSil, Medi-C Plus, Magnesium and MagSense (from our WomenSense and Preferred Nutrition product lines), the Healing Teas, our Ultimate Maca Energy products and the Ultimate VEGAN line are all vegan friendly.

I have heard that drinking green tea along with my supplements will end up flushing out all the nutrients? Is this true?

No, you are fine taking your supplements with green tea. Coffee inhibits the absorption of nutrients, but the caffeine in green tea will not pose the same problem.

Why can't I find any prices on your website?

Preferred Nutrition is the wholesale distribution company for the products on this website, however we sell exclusively to Health Food stores & selected Natural Pharmacies across Canada, not directly to the general public. Because the prices of our products can vary from store-to-store, we are unable to list our suggested retail prices (SRP) on our website. We recommend you contact your local retailer and inquire about prices directly with them.

Can I purchase products directly from you? I went to a health food store and the prices seem very expensive.

We distribute our products in Canada only and we sell directly to Health Food stores - since they have a personal commitment to the natural health lifestyle. Consumers are then able to buy our products from knowledgeable staff that are genuinely interested in helping people be well - people who care! Always be sure to look for in store promotions or coupons when you are making your purchases as this can help alleviate your cost concerns.

Do all health food stores carry all of your products?

To find Health Food stores in your area that carry our products, please click on "Store Locator" at the top of this screen. All you have to do is enter your postal code and you will be given a list of retailers in the radius that you choose. We do recommend calling ahead to see if they stock the item you are looking for and in most cases if a store does not normally carry something, they will offer to do a special order for you.

Should your supplements be taken with or without food?

Most of our products will specify directly on the bottle whether they should be taken with a meal or not. If nothing is stated, then the choice is yours as to when the best time is for you to take them. In general, however, most vitamin supplements should be taken with food because once eating starts the digestive process, enzymes and gastric juices are generated and usually the nutrients will be absorbed and assimilated better.



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I like the sound of many of your products. Am I able to take different formulas at the same time?

Yes, it's safe to combine various WomenSense products to help support the body in achieving optimal health. The same applies to the Preferred Nutrition line, Dr. Whitaker's formulas and Brad King's. If you are unsure of any combination, then please consult your Health Care Practitioner.

Can you tell me if I can combine any of your supplements with the medication(s) I am on, as prescribed by my doctor?

It is best to consult your Doctor or alternative Health Practitioner before taking any new supplements while on prescribed medication. If you have been approved to add our supplement(s) to your daily regime, then we do recommend that you space the medication and the supplements out by at least one hour.

I understand that you put a recommended dosage on your labels, but I can take more or less than that, right? And, really, do I have to take the product every day?

With regards to the recommended dosage, we would suggest you speak to your Doctor or Health Care Practitioner before increasing any amounts. As with any supplement you can determine your amount based on your personal preference - if you find that a product works for you immediately then you should be fine to take it just on the days you feel you need it, but again we suggest you discuss this with you MD or HP. Some consumers find that a product needs to be in their system for a few days to a few weeks before they notice results and/or feel the full benefits.

I don't understand why when I purchase your product and open the bottle, the contents don't even fill 1/2 of the packaging that is being used?

The containers we use are determined based on product fill and required label information, as well as capsule count when/where applicable. Sometimes we do have to use a larger bottle than seems necessary because of the information required on the labels - requirements both from Health Canada and in order for the label to be clear and legible to our consumers. Also, in a case where we are offering larger volume (ie/ 400g versus 200g or 180 capsules versus 90 capsules), then we have to put the contents in a bigger container in order for there to be differentiation on the shelf.

I bought a bottle of your product, and although it seemed to feel lighter than usual, I didn't think much of it, until I opened the bottle and discovered that there is nowhere near the amount of capsules inside as there should have been. How can this happen?

As part of our corporate policy and Good Manufacturing Practices (GMP) requirement, our procedures incorporate routine in-process checks plus a final examination of the finished product to ensure conformance to all aspects of quality, including correct product count. There are a number of checks and balances performed by both Production and Quality Assurance personnel prior to, during, and after the packaging operations to ensure that product under-counts do not happen. Although product under-counts can happen, this occurrence is rare. Should you discover that your bottle is far below the label claim count upon opening - we recommend you return it to your point of purchase as per our 100% customer satisfaction guarantee.

What is your 100% money-back (customer satisfaction) guarantee?

Our 100% money-back/customer satisfaction guarantee ensures that if a customer is not completely satisfied with their purchase, they can return the unused portion of the product (in its original packaging) back to their point of purchase and we will credit the Health Food store 100% of their purchase price from us. We cannot dictate if a store will give cash back or an in-store credit, nor can we override store policies already in place ~ but we do promise to credit them, regardless of the reason for the return.



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