



## Active Defence



### WHAT IS IT?

Active defence contains the combined benefits that our Vitamin C and Zinc products provide – together helping maintain a healthy immune system.

### KEY BENEFITS

Vitamin C has many functions within the body. Vitamin C is integrally involved in the formation of collagen and helps in the maintenance of tissue, bone, skin and joint integrity. Vitamin C also helps in the absorption of Iron. Vitamin C is an important antioxidant, important for the buffering of harmful free radical molecules.

Zinc stimulates the activity of approximately 100 enzymes, which are substances that promote biochemical reactions in your body. Zinc supports a healthy immune system which is needed for wound healing, DNA synthesis and helping to maintain your sense of taste and smell. Zinc also supports normal growth and development during pregnancy, childhood and adolescence.

### EACH TABLET PROVIDES

	Typical Weight	* % RDA
Vitamin C	60mg	100
Zinc	15mg	100

### DIRECTIONS FOR USE

12 Years and above - Take one tablet daily with food

### INGREDIENTS

Dicalcium Phosphate, Microcrystalline Cellulose, Vitamin C (Hydroxypropyl Methyl Cellulose), Zinc Oxide, Magnesium Stearate, Silicon Dioxide.

### CAUTION

Do not exceed stated dose.

Food supplements should not be used as a substitute for a varied diet and healthy lifestyle.

Check that the inner seal is intact before first use.

Keep out of sight and reach of children.

Store in a cool dry place.

*\*Recommended Daily Allowance*

If you are unable to find our products in a store near you contact us on 01756 792 600, or order online at [Omega4](#)

**Back**  
1