

HeHAHa Lifestyle Sdn Bhd

health happiness harmony

Formerly known as Oyoung Lifestyle Sdn Bhd

HeHAHa C+



Bliss of Health

What is the Vitamin C Everyone is Talking About?

- **Vitamin C** is a **water soluble** nutrient that cannot be synthesized by human body. It has to be **provided by our diet**. Deficiency in Vitamin C will result in Scurvy; hence Vitamin C is also known as ascorbate (anti-scurvy) or ascorbic acid. Fresh vegetables and fruits contain high level of Vitamin C.

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Do You Need to Supplement Vitamin C?

- Theoretically we can obtain sufficient Vitamin C from our normal diet without the needs of supplement. A diet high in raw and fresh fruits and vegetables should be able to meet our daily need for Vitamin C.
- However, as **Vitamin C** is **water soluble**, it is easily **lost during food preparation** such as **washing and soaking** of vegetables in the water. Vitamin C is also **heat sensitive**. **Cooking at high temperature or prolonged heating** will **destroy** most of the Vitamin C in food. When **exposed to air at room temperature**, Vitamin C is also **easily oxidized**. Therefore the longer the storing period of our fruits and vegetables, the higher will be the lost of Vitamin C in the food.

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Do You Need to Supplement Vitamin C?

- In addition, most of us may not be able to observe the ideal diet that provides sufficient raw fruits and vegetables; hence depending solely on diet for our Vitamin C requirement may not be practical.

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Main Biological Functions of Vitamin C

1. Improve skin elasticity
2. Prevents liver spots on the skin
3. Prevents bleeding from all mucous membranes
4. Improves recovery from external injuries & wounds
5. Escalates recovery after surgeries
6. Enables collagen formation, which in turn provides the framework, integrity and mechanical support to all the systems and organs of the human body

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Main Biological Functions of Vitamin C

7. Helps slow down aging process and promote longevity
8. Improves body absorption of iron, folic acid and B6
9. Prevents anemia
10. Prevents the formation of some cancer causing agents such as nitrosamines
11. Prevents and cures scurvy
12. Promotes metabolism of body lipids, particularly metabolism of cholesterol

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Main Biological Functions of Vitamin C

13. Protects the body against heart disease and other cardiovascular problems
14. Enhances the effectiveness of medication used to treat urinary tract infection
15. Improves immune function related to the prevention and treatment of age-associated diseases

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Do the Vitamin C Supplements Available in the Market Contain Actual Vitamin C?

- Not necessary!! The vitamin C commonly found in the market are either artificially synthesized or extracted ascorbic acid or in the form of compounds like calcium ascorbate, magnesium ascorbate and potassium ascorbate, etc.
- Though these products may carry market certification, they are derived from the laboratory. Some may claim to be extracted from natural source but they are still not NATURAL. In fact they are very far from being NATURAL! These chemical products are derived in the test tubes and produced from corn glucose in an incomplete and extracted form, thus not wholesome and natural.

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Do the Vitamin C Supplements Available in the Market Contain Actual Vitamin C?

- Hungarian Bio-Chemist – Professor Albert Szent-Gyorgi was the one who discovered Vitamin C and its many health benefits. As a result of the discovery, he won himself the Nobel Prize in Medicine. Despite having discovered Vitamin C to combat scurvy, he did not recommend the use of it. In fact his research clearly emphasized the need to consume food rich in Vitamin C, instead of taking extracted Vitamin C in order to obtain the best results

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What is So Unique About HeHAHa C+?

- HeHAHa C+ is a blend of **18 different types of fruits** that are **chemical free**. It is meticulously formulated to **deliver all the benefits of Vitamin C as found in nature**. This product is **freeze-dried** to allow the fruits to maintain their nutrients content, **antioxidants, phytochemicals, enzymes, fibres** and great taste.
- Apart from Vitamin C, it is also **rich in natural minerals, carbohydrate, plant protein, phytolipids, fibre, enzymes and various micronutrients, found naturally in fruits.**

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What is So Unique About HeHAHa C+?

- Each sachet (3g) of **HeHAHa C+** not only provides 100% RDA **biologically active Vitamin C**; it also contains within itself a **synergistic network of enzymes, bioflavonoid** and other **cofactors**, all inter-related in a complex system for optimum nutrient absorption and bioavailability.
- HeHAHa C+ is a **FOOD**, not an extracted nutrient. It is perfect match of nutritional wisdom and modern food technology, making it a wholesome supplement that can be safely consumed by the whole family.

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HeHAHa C+ - Summary

- Derived from **18 different types of fruits** which are cultivated using eco-friendly and sustainable agricultural practices.
- Meticulously formulated to **retain all the synergistic network of enzymes, bioflavonoid, phytochemicals and other cofactors** found naturally in fruits
- A wholesome food completely **free of artificial colours, flavours, sweeteners, preservatives or any added ingredients**
- Every sachet provides 100% RDA of biologically active Vitamin C

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HeHAHa C+ - Summary

- Spirulina has all the nutrients that is needed by our body but it is short in Vitamin C
- Hence, HeHAHa C+ is a good complement for Spirulina

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