

Rosehips

100 capsules, Single herb, Stock No. 580-1

Rose hips are the dried fruit of roses, most of which are derived from the Dog Rose (*Rosa canina*). Rose hips contain large quantities of vitamin C, and are a good source of astringent tannins and related phenolic substances, making rose hips beneficial as a tonic and astringent capable of tightening tissues.

Did you know?

During World War II, the governments of England, Norway and Sweden discovered rose hips to be a rich source of vitamin C, containing anywhere from 10-100 times more than any other food. Rose hips' rich supply of bioflavonoids has been shown to increase the absorption of vitamin C.

The most common use of rosehips today is as a source of vitamin C.

NSP Advantage

100 capsules. Single herb.

Ingredients: 560 mg of the finest rose hips (*Rosa canina*) fruit.

Rosehips has naturally-occurring amounts of bioflavonoids, chromium, niacin, riboflavin, selenium, vitamins A and C.

Recommendation: Take two capsules with a meal three times daily.

1. *The Review of Natural Products*. Ed. Ara Dermarderosian. Facts and Comparisons Publishing Group. St. Louis, Missouri. 1998.

Features & Benefits

- Rosehips may help stimulate immune function and lessen allergic reactions.
- Vitamin C strengthens connective tissues and may also help reduce capillary fragility, easy bruising, hemorrhoids, and varicose veins. Rosehips is a rich source of vitamin C.
- The high vitamin C content in rosehips may help to combat infection and inflammation.
- Traditionally used for colds, fevers, sore throat, general debility, and inflammatory skin conditions.
- The plant has also been used as a diuretic and laxative. The fruits were used as a remedy for chest ailments in the middle ages.¹