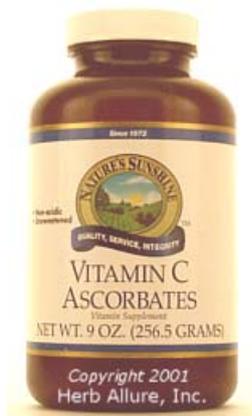


Vitamin C Ascorbates

Stock #1606-3 (9 oz.)



Vitamin C Ascorbates is an unsweetened, buffered vitamin C powder that is non-acidic to the stomach, containing vitamin C in the form of calcium ascorbate, magnesium ascorbate and potassium ascorbate. Vitamin C Ascorbates is sugar-free, with only 10 calories per serving, and can be mixed into water or fruit juice.

According to a report in the *Journal of the American College of Nutrition*, "Evidence overwhelmingly points to the value of vitamin C in maintaining health and preventing cancer, cardiovascular disease and cataracts."

Vitamin C, also known as ascorbic acid, is a water-soluble substance that must be obtained from dietary sources. Vitamin C helps form red blood cells, aids in the prevention of hemorrhaging, and enhances fine bone and tooth formation. Vitamin C is also necessary for the functioning of other essential nutrients in the body. Intestinal absorption of iron is significantly increased by sufficient levels of vitamin C. Although vitamin C occurs naturally in most fresh fruit and vegetables, using copper cookware can destroy the vitamin C content in foods.

Large quantities of vitamin C are found in the adrenal glands, as adequate amounts are vital for the creation of adrenalin. Adrenal ascorbic acid is quickly used up during periods of stress. Vitamin C is also essential for creating collagen, a protein needed to form connective tissue in bones, ligaments and skin. In addition, vitamin C helps speed the healing of burns and wounds by stimulating the formation of connective tissue in scars. Studies show vitamin C supplementation noticeably increases the rate of healing of corneal burns.

Vitamin C has been clinically proven to substantially decrease the intensity of colds and to help in preventing cancer. However, vitamin C is also used to control asthma, prevent cardiovascular disease, protect against gum disease, and fight the damaging effects of environmental pollution, including cigarette smoke, carbon monoxide, arsenic, benzene, cadmium, copper, iron, lead, mercury and certain pesticides.

Most sources recommend taking divided doses of vitamin C throughout the day to ensure more consistent levels of blood and tissue saturation, as vitamin C is quickly excreted from the body. Research shows absorption rates of vitamin C differ widely with each person. Studies have found that while one person may be able to completely absorb 3,000mg in one dose without any urinary loss, another person may only be able to absorb 100mg, excreting anything higher. Proper absorption and metabolism is also hampered by high fever, prolonged use of antibiotics or cortisone, high-protein diets, hypoglycemia, ingestion of aspirin or other pain killers, inhalation of DDT or petroleum fumes, smoking, and stress upon the body, such as anxiety, burns, fatigue, infection, injury or surgery. Drinking excess amounts of water can reduce levels of vitamin C, as can the use of sulfa drugs, which double or even triple normal urinary excretion of this important nutrient. Also, conditions resulting in raised serum copper levels, such as menstruation, schizophrenia, smoking, the use of birth-control pills, and the last months of pregnancy, necessitate a greater need for sufficient vitamin C intake.

The *Nutrition Almanac* recommends that high amounts of vitamin C should be avoided by those with a *history* of forming oxalate stones or cystinuria, unless in the form of sodium ascorbate which has no effect on urine acidity and actually assists in oxalate excretion.

Extreme vitamin C deficiency can cause many symptoms, including anemia, easy bruising, impaired digestion, lowered immunity, nosebleeds, painful or swollen joints, poor lactation, scurvy, slow healing of fractures or wounds, swollen or bleeding gums, and weakened enamel or dentine. Vitamin C is easily destroyed by exposure to heat, light and oxygen, which stimulate oxidative enzymes, thus much of it is destroyed in food processing. Cigarette smokers are especially at risk for vitamin C deficiency, exhibiting lower levels of ascorbic acid in their blood than non-smokers. The addition of nicotine to samples of human blood (with confirmed ascorbic acid levels) reduced the ascorbic acid content by 24-31%. Therefore, many researchers suggest smokers may need to take twice the RDA for vitamin C. Alcoholics also exhibit extremely low serum levels of vitamin C, as much of it is utilized to counteract the toxic effects of alcohol upon the body. Vitamin C deficiency is also especially detrimental for diabetics, causing wounds to heal poorly and cholesterol levels to rise, as well as weakening immune function.

Vitamin C Ascorbates contains 57 servings per container, with each teaspoon serving providing:

Vitamin C (2,000mg), Calcium (200mg), Potassium (82mg), Acerola (400mg), Hesperidin (25mg) and Rutin (25mg)