



Chewable Vitamin C (with Orange and Rose Hips) Stock #1633-8 (120 tablets)

Each Chewable Vitamin C tablet provides 250mg of vitamin C in a base of concentrated rose hips. Chewable Vitamin C tablets are naturally flavored with lemon-lime and whole orange juice which has been freeze-dried to maintain all vitamins. The tablets are naturally sweetened with fructose. This product contains no artificial color, flavors or sucrose.

Vitamin C, also known as ascorbic acid, is a water-soluble substance which 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 vitamin C content in foods.

Large quantities of vitamin C are found in the adrenal glands, as adequate amounts are crucial for the creation of adrenalin. Adrenal ascorbic acid is quickly used up during periods of stress.

Vitamin C is essential for creating collagen, a protein needed to form connective tissue in bones, ligaments and skin. 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.

Studies show taking 2-6 grams of vitamin C daily alleviates symptoms of the common cold. Taking 500-1,000mg every 1 to 2 hours during a cold insures tissue saturation of vitamin C and provides optimal effects.

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 has been found absorption rates of vitamin C differ widely with each person. Studies show 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 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, cholesterol levels to rise, and weakening immune function.

A study published in the *Journal of the American Medical Association* was conducted to determine the influences of vitamin C on the growth of identical twins, ages 6-11 years old. One twin consumed a standard diet, while the other

also received vitamin C supplements that were five times the RDA. After only five months, all but one of the children given vitamin C had outgrown their identical twins by 1/4-1 inch.

Rose hips are the dried fruit of roses, which contain many vitamins and minerals, but are especially high in vitamin C and bioflavonoids. Rose hips actually contain anywhere from 10-100 times more vitamin C than any other food. Rose hips are a source of astringent tannins which make them beneficial as a tonic and astringent, capable of tightening tissues and slowing the discharge of blood and mucosal fluid. Thus, rose hips are often used for diarrhea, gastritis, hemorrhoids, and varicose veins. Rose hips' rich supply of bioflavonoids protect capillaries, help prevent bruising, strengthen connective tissues, and multiply the effectiveness of vitamin C. In fact, vitamin C cannot work accurately without bioflavonoids. Rose hips also help stimulate immune function and fight infection and inflammation, useful for treating colds, fevers, general debility and inflammatory skin conditions.