**VITAMIN C**

**DIETARY SUPPLEMENT**

**PRODUCT DESCRIPTION**

**VITAMIN C** contains a highly purified source of ascorbic acid and is comparable to reagent grade vitamin C. This hypo-allergenic form is made from tapioca instead of corn – having absolutely no traces of corn antigen or other allergenic materials – so that those individuals with food sensitivities who are not able to tolerate other, less pure forms of ascorbic acid can benefit. In addition, no chemical lubricants are used in the encapsulation process and this product contains no diluents, preservatives or binders, thus insuring maximal tolerance and absorption. **VITAMIN C** plays a critical role in your body. It is a powerful antioxidant, aids in wound healing, stimulates white blood cell immune activity and helps the body combat colds, flu and other infections. It also supports cardiovascular health and aids in iron absorption. **VITAMIN C** deficiency can be a real problem and is not uncommon when undergoing emotional stress or higher levels of physical stress such as burns, surgery, or other trauma. It is very beneficial when dealing with other ailments such as allergies and infections.

**RESEARCH**

In 2015, research concluded that the protective effects of **VITAMIN C** on A/FM/1/47(H1N1) influenza virus-caused pneumonia might be related to its inhibition of corticosteroid synthesis, which reduces the susceptibility to influenza viral infection in restraint-stressed mice.


A 1995 study showed that oral administration of ascorbic acid produced marked improvement in vaso-dilation in patients with atherosclerosis and that endothelial dysfunction may respond to antioxidant therapy. It was concluded that ascorbic acid reverses endothelial vasomotor dysfunction in the brachial circulation of patients with documented coronary artery disease.


**SUGGESTED DOSAGE**

One to two capsules per day after a meal or as directed by your physician. For patients with a Vitamin C deficiency and/or constipation (less than 3 bowel movements per day), add 1 capsule per day over 2 doses (morning and evening) until bowel tolerance (the dose tolerated by a patient without producing diarrhea) is reached. Some patients require up to 12 capsules per day (6 in the morning and 6 in the evening) to reach bowel tolerance. Hemolysis is possible when taking vitamin C of any type in patients with a G6PD deficiency and should be monitored.