

Vitamin C

Ascorbic acid (vitamin C) is a water-soluble vitamin that exhibits powerful antioxidative functions in the human body. This indispensable substance works to activate metabolic processes and is essential for the formation of collagen, bones, teeth and the capillary endothelium.

Basic Facts

In expert circles, vitamin C is known primarily by its chemical name, «ascorbic acid». Like all other vitamins, this substance cannot be synthesized by the human body, but must be obtained from the diet.

Vitamin C is almost completely (80 to 90 percent) absorbed from food, and any excess not required by the body is quickly eliminated through the kidneys. There is also no way to store this vitamin in the body long-term. This is why it is impossible to overdose on vitamin C. Citrus fruits of all kinds are rich sources of vitamin C, as are broccoli, red peppers and currants. Cauliflower and strawberries also have high ascorbic acid content.

The latest research results suggest that free radicals are formed in the body under various conditions, for example in cases of over-exertion or stress. If formed in excess, these free radicals can cause damage to muscles and other tissues.

The result is inflammatory reactions that may cause pain in the muscles but are symptom-free in other tissues (e.g. blood vessels). Because ascorbic acid can trap such free radicals, this vitamin can perform unique protective functions within the metabolic processes.

Effects

Ascorbic acid is a water-soluble vitamin whose main function in the body is that of a powerful antioxidant. In this sense, one of the most important functions of ascorbic acid is to protect LDL cholesterol against oxidative damage. Recent studies have shown that structural impairments of «low-density lipoprotein» (LDL) seem to enhance the deleterious effect of cholesterol on the development of heart and vascular diseases. Therefore, vitamin C is considered to be one of the most important sources of antioxidative protection in relation to LDL.

Moreover, it is a key substance in the body's synthesis of the tissue-building substance collagen. Collagen is vital for the healthy formation of connective tissue, muscles, blood vessels and more. Vitamin C is also essential for the formation of bones and teeth. Finally, ascorbic acid, due to its anti-histaminergic effects, also supports wound healing and promotes blood formation, in these ways supporting the healthy functioning of the body's immune system.

It is especially important to take vitamin C in the spring when the ascorbic acid content of the body naturally drops. Moreover, this vitamin is metabolized to a greater extent in the case of colds. This is reflected in the fact that high doses of vitamin C (up to 8 grams), taken at the onset of a cold may shorten its duration. However, ascorbic acid is not necessarily effective for the prevention of colds.

Uses

Although the severe form of vitamin C deficiency (scurvy) is now a clinical rarity in Western industrialized countries, many peoples' daily diets do not contain enough vitamin C. Chronic states of tiredness (fatigue), a tendency to bruise easily and recurrent mucosal bleeding are all considered early symptoms of a vitamin C deficiency.

Also, smokers tend to develop low vitamin C levels. Those who smoke require a higher daily vitamin intake to be able to maintain somewhat normal vitamin C levels in their bodies.



Vitamin C

- ▶ Possesses powerful antioxidant powers
- ▶ Is the key substance in collagen synthesis
- ▶ Is important for muscle building, healthy connective tissue and blood vessel health
- ▶ Is essential for the healthy formation of bones and teeth
- ▶ Is a significant factor in wound healing
- ▶ Is essential for a strong and healthy immune system

At a Glance

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Supplementing the daily diet with additional ascorbic acid also makes sense in cases of increased physical exertion (sports) and mental strain. Furthermore, vitamin C may also be successfully utilized during convalescence after severe sickness or disease, but also for non-specific symptoms such as «spring fatigue».

In general, it increases the natural defenses of the body and therefore may contribute to quicker recovery from infectious diseases. Vitamin C has also proven to be quite successful in supporting the healing of wounds and bone fractures. Also, in cases of non-specific bleeding – for example, gingivitis or stomatitis – intake of ascorbic acid may be indicated.

Composition

One capsule contains 1000 mg vitamin C in pharmaceutical grade.

Other ingredients: stearic acid, magnesium stearate, dicalcium phosphate, maltodextrin.

Dosage

Most doctors and nutritional specialists recommend taking 500–1000 mg of ascorbic acid per day. Doses of 1000 mg per day are used in the majority of clinical studies, however, doses of up to 10,000 mg per day are not unusual. On the other hand, daily doses of 100–200 mg vitamin C per day are recommended to protect heart health.

Instructions

Food supplements are no substitute for a well-balanced diet and a healthy lifestyle. The indicated recommended daily intake should not be exceeded. Persons under constant medical care should consult a physician before taking the supplements. Product information is not to be considered a statement regarding cure; in general, we advise against self-medication without proper consultation of a doctor. Subject to mistakes and print or typographical errors.

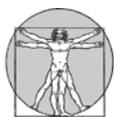
Store in a cool and dry environment, out of reach for children.

Vitamin C Product Groups

Vitamin C can be found in the following product groups (www.vitabasix.com):

-  **Vitamins & Food Supplements**
-  **Skin & Hair**
-  **Immune System,
Cell Protection & Antioxidants**
-  **Pain & Inflammation**
-  **Sports & Muscles**

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Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

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