



Ascorbic Acid

INTRODUCED 1992

What Is It?

Ascorbic acid (vitamin C) is a powerful antioxidant and offers a wide range of support for the human body. It provides support for numerous physiological functions, including vascular integrity and immune function.*

Uses For Ascorbic Acid

Cellular Function: Vitamin C is a potent antioxidant and free radical scavenger. It is also involved in a variety of metabolic processes including cellular respiration and nutrient metabolism. Vitamin C aids in the absorption of iron and the formation of red blood cells, as well as the conversion of folic acid to active folinic acid. Vitamin C is also required for the synthesis of carnitine, neurotransmitters and steroids.*

Immune Defense: Vitamin C supports the body's defense system by enhancing white blood cell function, interferon levels, antibody responses, and secretion of thymic hormones. Additionally, it maintains healthy histamine release and supports lymphocyte formation.*

Endothelial Health: Vitamin C is essential for the formation and maintenance of intercellular ground substance and collagen. Research suggests that it may also support endothelial function and healthy blood flow.*

What Is The Source?

Ascorbic acid (L-ascorbic acid) is derived from corn dextrose fermentation. The corn is GMO-free. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.

Recommendations

Pure Encapsulations recommends:

- Ascorbic Acid capsules: 1-4 capsules per day, in divided doses, with meals.
- Ascorbic Acid powder: 1/4 to 1/2 scoop (tsp) or more as needed.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. People with the following conditions should consult their doctor before supplementing with vitamin C: glucose-6-phosphate dehydrogenase deficiency, iron overload (hemosiderosis or hemochromatosis), history of kidney stones, or kidney failure. It has been suggested that people who form calcium oxalate kidney stones should avoid vitamin C supplements because vitamin C can convert into oxalate and increase urinary oxalate. Consult your physician for more information.

Are There Any Potential Drug Interactions?

Vitamin C may react with mixed amphetamines (a specific amphetamine combination used to treat narcolepsy and attention deficit disorder) and blood thinning medications. Consult your physician for more information.

Ascorbic Acid capsules

each vegetable capsule contains	 V 00
ascorbic acid (99%)	1,000 mg
ascorbyl palmitate (fat-soluble vitamin C)	20 mg
1-4 capsules per day, in divided doses, with meals.	

Ascorbic Acid powder

each scoop contains	V
ascorbic acid (99%)	3,200 mg
1/4 to 1/2 scoop or more as needed.	

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.