

Calcium Ascorbate Powder

300 grams

Item Catalog Number: 00146

Vitamin C, or ascorbic acid, is a white, crystalline, water-soluble substance found in citrus fruits and green vegetables. As an antioxidant, vitamin C scavenges free radicals in the body and protects tissues from oxidative stress.²¹⁻²⁸ Vitamin C also promotes the absorption of iron, while preventing its oxidation.^{29,30} Vitamin C is a vital co-factor to the formation of collagen, the connective tissue that supports arterial walls, skin, bones, and teeth. ²⁵⁻²⁷

More vitamin C is contained in the adrenal glands than any other organ in the body and is required at higher levels during times of stress.³¹⁻³⁴ Physical stresses on the body such as ingestion of heavy metals,³⁵⁻⁴⁰ cigarette smoking,⁴¹⁻⁴⁴ immune impairment,⁴⁵⁻⁵¹ extreme temperatures,⁵²⁻⁵⁶ and chronic use of certain medications such as aspirin also signal the need for increased intake of vitamin C.⁵⁷

Along with ascorbic acid, vitamin C also comes in at least two other forms: chemically bonded to minerals as ascorbates, and as the fat-soluble ascorbyl palmitate.⁵⁸⁻⁶⁰ Both of these forms are non-acidic.

References

Supplement Facts

Serving Size 1 level teaspoon (3 grams)

Servings Per Container 100

Amount Per Serving

Vitamin C (as calcium ascorbate)

2400 mg

Calcium (as calcium ascorbate)

600 mg

Other ingredients: none.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, corn, or rice. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

Dosage and Use

- Take one level teaspoon daily with or without food, or as recommended by a healthcare practitioner.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.