

Super Ascorbate C

8 oz powder

Item Catalog Number: 00086

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.^{15-18,21-24} Vitamin C also promotes the absorption of iron, while preventing its oxidation.^{19,20,25-27} Vitamin C is a vital co-factor to the formation of collagen, the connective tissue that supports arterial walls, skin, bones, and teeth.²²⁻²⁷

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.^{28,31} Physical stresses on the body such as ingestion of heavy metals,³²⁻³⁷ cigarette smoking,³⁸⁻⁴¹ infections,⁴⁵ extreme temperatures,⁴⁶⁻⁵⁰ and chronic use of certain medications such as aspirin also signal the need for increased intake of vitamin C.⁵¹

Super Ascorbate C Powder is an excellent mixture of mineral ascorbates and bioflavonoids that are thought to work synergistically with ascorbic acid as well as being strong antioxidants on their own.^{62,63} The minerals also make this product a pleasant drink.

References

Supplement Facts

Serving Size 1 teaspoon

Amount Per Serving

Vitamin C (from potassium, calcium, magnesium, zinc, & manganese ascorbates)	2000 mg
Rose Hips	585 mg
Acerola	400 mg
Lemon bioflavonoids	500 mg
Rutin	25 mg
Hesperidin	25 mg
Potassium (from ascorbate)	120 mg
Calcium (from ascorbate)	106 mg
Magnesium (from ascorbate)	54 mg
Zinc (from ascorbate)	5 mg
Manganese (from ascorbate)	0.25 mg

Dosage and Use

- As a dietary supplement, add one teaspoonful or one-half teaspoonful to six ounces of water or your favorite beverage.
- Add honey or sweetener if desired.

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