

Vitamin C

Name of Ingredient: Vitamin C, also known as ascorbic acid is an essential nutrient which plays a critical role in maintaining overall health.

Potential Benefits:

- **Boosts Immune Function** - Helps stimulate the production of white cells (which are essential for fighting off infections, viruses, diseases and for healing when the body has trauma). It enhances the function of the immune cells and supports the body's natural defense mechanisms.
- **Powerful Antioxidant** - Protects the body against damage caused by harmful free radicals by neutralizing the free radicals which can add to the risk of chronic diseases like heart disease, cancer, autoimmune conditions, and neurological disorders.
 - Free radicals: A type of unstable molecule that is made during normal cell metabolism (chemical changes that take place in a cell). Free radicals can build up in cells and cause damage to other molecules, such as DNA, lipids, and proteins. This damage may increase the risk of cancer and other diseases.
- **Collagen Synthesis** - Vitamin C is essential for the synthesis of collagen, a protein that plays a vital role in maintaining the health of connective tissues, such as skin, bones, blood vessels, and tendons.
- **Wound healing** - Supports healthy skin, prevents skin aging, improves elasticity and reduces wrinkles
- **Enhances iron absorption** - Enhances the absorption of nonheme iron (the iron found in plant-based foods) lowering the risk of iron deficiency anemia
- **Cardiovascular Health** - optimal Vitamin C levels are associated with reduced risk of heart disease by helping to maintain healthy blood vessels, improving blood flow and reducing inflammation.
- **Eye Health** - Optimal Vitamin C levels plays a role in maintaining the optimal eye blood vessel health and lowers the risk of developing age-related macular degeneration (leading cause of vision loss in older adults)
- **Brain Function** - Vitamin C is involved in the production of neurotransmitters (such as serotonin which regulates mood, sleep, focus, gut function). Optimal levels of Vitamin C protects the brain against oxidative stress which can lead to degenerative diseases such as dementia and Parkinson's
- **Adrenal Function** - The adrenal glands have a high concentration of vitamin C and require vitamin C to produce cortisol. The adrenals are using up vitamin C at a more rapid rate, and need extra replenishment, during and after periods of high stress. Optimal levels of Vitamin C can also help lower high cortisol

Frequency: Vitamin C can be taken orally and intravenously. IV pushes can be scheduled as often as three times weekly.

Post treatment considerations: In rare cases, Vitamin C may cause a feeling of warmth, temporary feeling of drowsiness, faintness, tiredness or dizziness.

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Symptoms requiring attention: please seek medical attention ASAP through your nearest urgent care or emergency room if you experience any of the following:

- skin rash, itching or hives
- swelling of the face, lips, or tongue
- black stools
- fast or irregular heart rate
- dizziness, shortness of breath, or asthma symptoms not controlled by rescue inhaler



Better Health