

Vitamin C Powder

As Calcium Ascorbate

Presentation

Fine, soluble white crystals.

Per ¼ teaspoon (1 gram):

Vitamin C (as calcium ascorbate)	897mg
Calcium	103mg

Approximate pH: 6.8-7.4.

Calcium Ascorbate is a non-acidic form of vitamin C. The soluble fine crystals provide a useful amount of calcium and this product is suitable for those with intestinal problems.

Suitable for vegetarians  **and vegans** 

quantity
250g

type
crystals

code
8106



Vitamin C:

- Is involved in cell and tissue repair
- Is involved in the conversion of proline to hydroxyproline and is therefore essential in collagen maintenance in skin, bones and teeth
- Is required for the activity of leucocytes, immunoglobulins and natural antibodies
- Protects vitamins A and E against damage
- Helps maintain normal blood cholesterol levels
- Has antioxidant properties
- Is involved in the formation of corticosteroid hormones in the adrenal gland.

Uses

This product provides vitamin C in the form of calcium ascorbate, a non-acidic compound that is believed to be gentler on the stomach than ascorbic acid, which when in solution is quite acidic. This is generally only a problem in people who have sensitive stomachs or for those with intestinal problems. But for anyone who is taking large amounts of vitamin C that may experience digestive disturbance, we highly recommend they try this gentle vitamin C.

The soluble fine crystals can be easily added to drinks or sprinkled on to foods, and each gram provides almost 900mg of vitamin C plus just over 100mg of calcium.

Usage and administration

1 to 2 grams daily.

Small intakes several times daily (freshly made up) are more beneficial than a large single daily dose. Up to 250 days supply.

Allergen advice

None (see page 194).

Cautions

Over 1000mg of Vitamin C may cause mild stomach upset in sensitive individuals.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

