Buffered Vitamin C Powder

Developed by Stephen A. Levine, Ph.D.

Item no. 70000
Available in bottles of 240 grams of powder

Item no. 74270 (Cassava Root Source)
Available in bottles of 300 grams of powder

The Possible Benefits of Buffered Vitamin C Powder, a Dietary Supplement

- Crucial for collagen formation, control of inflammation, white blood cell production, free radical neutralization, and detoxification
- Ideal for controlling acidity often associated with hypersensitivity reactions
- Designed especially for allergic individuals, and supports control of addictive craving reactions
- Provides significant levels of macrominerals calcium and magnesium

Description

Allergy Research Group® pioneered the development of buffered vitamin C products, and continues to offer the purest and least allergenic vitamin C products available. Our buffered vitamin C powder provides ascorbic acid, and the macrominerals calcium, magnesium and potassium. Due to its generous complement of calcium and magnesium (approximately one half the RDI per teaspoon), supplementation with our buffered vitamin C may be desirable for individuals who do not regularly consume dairy products.

Besides our regular Buffered Vitamin C, which is well tolerated by individuals unable to tolerate other sources of vitamin C, we now also offer a unique cassava root (of the potato family) source Buffered Vitamin C, available in powder only. Both versions of Buffered Vitamin C are formulated with carbonates of potassium, calcium and magnesium, giving them an acid-alkaline buffering action (pH 7.0 in water), potentially improving bowel tolerance and minimizing hyperacidity.

Allergy Research Group® Buffered Vitamin C has been used clinically for offsetting acute hypersensitivity reactions and the addictive craving for foods, cigarettes and other withdrawal states from stimulants and alcohol. A study at the Haight-Ashbury Free Clinic in San Francisco demonstrated that Buffered Vitamin C could offset and reduce withdrawal symptoms for stimulants and opiates by 90% in outpatients, who took a teaspoon of Buffered Vitamin C whenever they felt a craving. Besides a strong buffering action to offset hyperacidity associated with cell pathology, Vitamin C alone has some mild anti-addictive properties.

Vitamin C

Vitamin C is the body's most important water-soluble antioxidant nutrient. It is stored in tissues throughout the body, and is especially concentrated in the adrenal glands. The human body cannot manufacture vitamin C, as happens in most other mammals, so we must get our daily amount from food or nutritional supplements.

Vitamin C is involved in a variety of biochemical reactions, including detoxification and inflammation processes, white blood cell production, the reduction of glutathione, and the metabolism and protection of several other nutrients.

Vitamin C prevents free radical damage through it's antioxidant activity. Its molecular structure allows it to donate hydrogen atoms from two hydroxyl positions to neutralize free radicals. Vitamin C is also crucial for the production of adrenal hormones involved in responding to stress. Through its effect on histamine release and degradation (anti-histamine effect), vitamin C helps in the control of some inflammatory reactions, including allergy symptoms. It is also involved in detoxifying heavy metals such as lead, cadmium, mercury and nickel.

Studies support Linus Pauling's assertion that vitamin C can lessen the severity and duration of the common cold, can benefit some kinds of viral infections, and can help control symptoms of asthma. Additional studies suggest that Vitamin C can reduce atherosclerotic plaque, increase HDL cholesterol levels, support bone mineral density, and accelerate wound healing. Long-term supplementation may reduce the risk of many kinds of cancer, support overall health in diabetics, and lower the risk of cataracts. In combination with other nutrients, vitamin C also supports the production of some neurotransmitters.

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

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Vitamin C is crucial for the structure of the body, since it is an essential cofactor for collagen synthesis. Collagen imparts strength to connective tissue throughout the body. Elastin in the skin is also dependent on sufficient vitamin C. And of course, Vitamin C prevents scurvy, the first known nutritional deficiency.

Calcium

Calcium is important for skeletal health, with 99% of calcium occurring in the bones and teeth, and the rest found in cells and body fluids. Calcium is involved in many functions in the human body, including initiation of muscle contractions, including the beating of the heart, the blood clotting process, the regulation of nutrient and waste product transport through cell membranes, the regulation of enzymes that control fat digestion and metabolism, and the regulation of blood pressure, cholesterol levels, hormones, and nerve impulse transmission.

Magnesium

Magnesium is involved in more than 300 enzyme reactions in the human body. It is utilized in the metabolism of carbohydrates, proteins and fats, and in transmission of nerve impulses, temperature regulation, detoxification, and energy production. It is a key element for cardiovascular health, relaxing blood vessels, moderately reducing blood pressure, and lessening the risk of heart attack. Magnesium is also important for the health of bones and teeth, particularly the enamel. Magnesium has often been utilized in treatment programs for asthmatics and heart patients. It has been used to support health in people with diabetes, kidney stones, osteoporosis, PMS symptoms, muscle cramps and migraine headaches.

Potassium

Potassium is an electrolyte, involved in the regulation of the flow of bodily fluids into and out of cells (intracellular osmosis). Potassium is also involved with the regulation of pH balance, and can lower blood pressure. It's involved in the conversion of blood sugar into glycogen. Cardiac arrhythmias are associated with low potassium levels, and supplemental potassium is needed to counter the potassium-depleting effects of congestive heart failure medications.

Each 1 Teaspoon (heaping) (4.7 g) contains:

Vitamin C (as Ascorbic Acid)	2135 mg
Calcium (as Calcium Carbonate)	405 mg
Magnesium (as Magnesium Carbonate)	215 mg
Potassium (as Potassium Carbonate)	90 mg

Other ingredients: Cellulose

Suggested Use: As a dietary supplement, 1 heaping teaspoon or more in 8 to 12 ounces of liquid, between meals, or as directed by a healthcare practitioner. As with all vitamin C formulations, as one begins to achieve body saturation, "bowel tolerance" may be temporarily exceeded and diarrhea or loose stools may occur. As the high levels of vitamin C in the tissues become used up, the bowel symptoms should ease. Ideal for controlling acidity often associated with hypersensitivity reactions.

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