

Vitamin C

1,000 mg

DESCRIPTION

Vitamin C, provided by Douglas Laboratories®, contains 1,000 mg of vitamin C as L-ascorbic acid per tablet.

INDICATIONS

- For those who wish to increase their daily intake of vitamin C.

FUNCTIONS AND MECHANISM OF ACTION

Vitamin C, also known as ascorbic acid, is a water-soluble antioxidant that reacts directly with superoxide, hydroxyl radicals, and singlet oxygen. Vitamin C readily undergoes reversible oxidation and reduction in the body and has been shown to regenerate other antioxidants within the body, including alpha-tocopherol. It decreases oxidants in gastric secretions which may protect lipids in plasma and against peroxidative damage. Ascorbic acid is absorbed in the small intestine by a sodium-dependent transport process that is intake dependent. It is a specific electron donor for enzymes that participate in collagen hydroxylation and carnitine biosynthesis. This function is required to catalyze the crosslinking of collagen fibers which are essential for normal wound healing and capillary health. Vitamin C also appears to prevent inactivation of nitric oxide (NO)-mediated vasodilation. ‡

In addition to its biosynthetic and antioxidant functions, vitamin C plays an important role in immune function and improves the absorption of nonheme iron, the form of iron present in plant-based foods. Taking at least 200 mg of vitamin C per 30 mg of iron together increases nonheme iron absorption in adults. In children, adding 25-50 mg of Vitamin C daily can increase iron absorption from a meal by 3.2- 4.8-fold compared to eating the meal alone. ‡

FORMULA (#202445)

Each tablet contains:

Vitamin C (as ascorbic acid) 1,000 mg

Other ingredients: Microcrystalline cellulose, stearic acid, silica, vegetable stearate, coating [hydroxypropyl methylcellulose, glycerin], and croscarmellose sodium.

Non-GMO, Gluten-free

SUGGESTED USE

Adults take one tablet daily with a meal or as directed by a healthcare professional.

SOURCE

Non-GMO corn dextrose fermentation. Dextrose is a carbohydrate from corn which does not contain corn protein. During fermentation dextrose consumed by microorganisms then isolated and purified to produce the final ascorbic acid ingredient.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

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For more information on Vitamin C visit douglaslabs.com

‡ 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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