

**Effer-C®****Buffered Vitamin C powder****DESCRIPTION**

Effer-C®, provided by Douglas Laboratories®, contains vitamin C specially buffered with calcium, magnesium, and potassium in a powder form.

**FUNCTIONS**

Vitamin C (ascorbic acid) has numerous biological functions. Foremost, it is essential for the synthesis of collagen which is the building material of all connective tissues, such as skin, blood vessels, tendons, joint cartilage and bone. † Vitamin C is the required coenzyme for two groups of enzymes that catalyze the crosslinking of collagen fibers - lysyl hydroxylases and prolyl hydroxylases. As such, vitamin C is essential for normal wound healing and capillary health. It also participates in the biosynthesis of carnitine, serotonin, and certain neurotransmitters, including norepinephrine. †

Vitamin C is among the most powerful antioxidants in humans and animals. It is a water-soluble, chain-breaking antioxidant that reacts directly with superoxide, hydroxyl radicals, and singlet oxygen. Laboratory studies show that vitamin C completely protects lipids in plasma and low-density lipoprotein (LDL) against peroxidative damage. † In addition, vitamin C interacts with glutathione and alpha-lipoic acid, and regenerates vitamin E. The antioxidant functions of vitamin C appear to have clinical significance in providing protection from free radical damage to the eyes, lungs, blood and the immune system. †

Vitamin C is absorbed in the small intestine by a sodium-dependent transport process that is intake dependent. At normal dietary intakes of 60 to 100 mg, up to 80 or 90% of the vitamin C is absorbed. At higher intakes, absorption becomes less efficient. Absorption efficiency and vitamin C utilization may be greatly enhanced during the normal aging process and conditions of physiological stress. †

**INDICATIONS**

Effer-C may be a useful dietary supplement for those who wish to increase their daily intake of this important antioxidant vitamin, yet cannot tolerate the acidity of regular vitamin C preparations.

**FORMULA (#80120)**

1/2 Teaspoon Contains:

Vitamin C (from mineral ascorbate/ascorbic acid complex).....	1175 mg
Calcium (ascorbate/carbonate complex).....	225 mg
Magnesium (ascorbate/oxide complex) .....	125 mg
Potassium (ascorbate/bicarbonate complex) .....	49.5 mg

**SUGGESTED USE**

Mix ½ teaspoon daily in 8 ounces of water, or as directed by a healthcare professional.

**SIDE EFFECTS**

No adverse side effects have been reported.

**STORAGE**

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

**REFERENCES**

Noroozi M, Angerson WJ, Lean ME. Am J Clin Nutr. 1998 Jun;67(6):1210-8.

**Effer-C®**  
**Buffered Vitamin C powder**

Omeroğlu S, Peker T, Türközkan N, Omeroğlu H. ArchOrthop Trauma Surg. 2009 Feb;129(2):281-6. doi: 10.1007/s00402-008-0603-0.

Peponis V, et al. Br J Ophthalmol. 2002 Dec;86(12):1369-73.

Iwama M, Amano A, Shimokado K, Maruyama N, Ishigami A. J Nutr Sci Vitaminol (Tokyo). 2012;58(3):169-74.

Zhang M, Robitaille L, Eintracht S, Hoffer LJ. Nutrition. 2011 May;27(5):530-3. doi: 10.1016/j.nut.2010.05.016.

Stadler N, Eggermann J, Vöö S, Kranz A, Waltenberger J. Arterioscler Thromb Vasc Biol. 2007 Jan;27(1):120-6. Epub 2006 Oct 19.

Sureda A, et al. Eur J Clin Nutr. 2006 Jul;60(7):838-46.

Hamilton IM, Gilmore WS, Benzie IF, et al. Br J Nutr 2000;84:261-7.

Ives SJ, et al. Hypertension. 2014 Mar;63(3):459-67. doi: 10.1161/HYPERTENSIONAHA.113.02255.

**For more information on Effer-C® visit [douglaslabs.com](http://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.

Manufactured by  
Douglas Laboratories  
600 Boyce Road  
Pittsburgh, PA 15205  
800-245-4440  
[douglaslabs.com](http://douglaslabs.com)



© 2017 Douglas Laboratories. All Rights Reserved