

# Ultra Vitamin C

## 1000 mg



Distributed by: Adaptogen Research  
625 Barksdale Road, Suite 113  
Newark, DE 19711

# Ultra Vitamin C

### Clinical Applications



- Antioxidant support\*
- Healthy Connective Tissue and Blood Vessel Synthesis\*
- Promotes Collagen Formation to Maintain Healthy ligaments, Tendons and Joints \*
- Immune Support\*

*Vitamin C, also known as ascorbic acid, is a water-soluble vitamin naturally present in some foods and used by many as a dietary supplement. Vitamin C is an essential vitamin, which means it cannot be made in the body and must be obtained from food or through supplements. Our Ultra Vitamin C provides 1000mg of exceptionally pure, ultra-fine un buffered vitamin C contains no added ingredients.*

All Adaptogen Research Formulas Meet or Exceed cGMP Quality

## Discussion

**Vitamin C's** role in immune enhancement has been strongly evidenced in supplementation research to increase natural killer cell activity, lymphocyte proliferation and immune balance.<sup>1</sup> Vitamin C is also a potent antioxidant, acting to neutralize free radical damage to cells, including DNA, lipids and proteins. As a free radical neutralizing agent,<sup>2</sup> vitamin C readily donates electrons to unstable molecules and breaks the chain of free radical damage to cells and tissues.<sup>2</sup> Vitamin C is also involved in the synthesis of collagen, carnitine and neurotransmitters.<sup>2-4</sup> The vitamin is considered essential to humans, and while most mammals are able to synthesize vitamin C, humans cannot. As a result, exposure to smoke, pollution, radiation, heavy metal exposure and high-stress lifestyles all increase the body's requirement for vitamin C.

**Cardiovascular Health\*** Research has shown vitamin C to have a strong relationship with cardiovascular health. In 2004, a pooled analysis of nine prospective cohort studies found that supplemental vitamin C intake (>400 mg/day for a mean of 10 years) supported cardiovascular health.<sup>5</sup> A meta-analysis of 13 randomized controlled trials (RCTs) assessed the effect of vitamin C supplementation on blood fats<sup>6</sup> among 549 subjects, aged 48- 82 years of age. Subjects received vitamin C supplements or placebo at doses ranging from 500 to 2,000 mg/day for 4 to 24 weeks. Overall, vitamin C supplementation had a significant impact on maintaining healthy blood fats. In addition, cross-sectional studies have indicated that plasma vitamin C concentration helps maintain healthy blood pressure levels in both men and women.<sup>7-9</sup>

**Immune Function & Antioxidant Support\*** Vitamin C supplementation has been studied for more than six decades for its role in supporting the body during immune challenges. It has been shown to stimulate both the production<sup>10,11</sup> and function<sup>12,13</sup> of white blood cells, especially neutrophils, lymphocytes and phagocytes. These immune guardians have been shown to accumulate high concentrations of vitamin C, which can protect these cell types from oxidative damage.<sup>14,15</sup> Through its potent antioxidant functions, vitamin C has been shown to protect white blood cells from self-inflicted oxidative damage.<sup>16</sup>

**Connective Tissue Health\*** Vitamin C's role in collagen formation makes it vital to maintaining skin, capillary, gum, joint and skeletal health.<sup>17</sup> The antioxidant properties of vitamin C and its role in collagen synthesis make vitamin C vital to skin health. Keratinocytes have a high capacity for vitamin C transport, to compensate for limited blood flow to the epidermis.<sup>18,19</sup> Vitamin C's role in normal tissue repair and recovery may include promoting keratinocyte differentiation,<sup>20,21</sup> stimulating the formation of the epidermal barrier and re-establishing the stratum corneum, the outermost layer of the epidermis.<sup>22</sup> Higher intakes of dietary vitamin C have been correlated with a decreased risk of dry skin.<sup>23</sup>

**\*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.**



## Supplement Facts

Serving Size 1 Tablet

Servings Per Container 100 or 250

Amount Per Tablet	% Daily Value
Vitamin C (as L-ascorbic acid)	1 g 1667%

Other Ingredients: Silicified microcrystalline cellulose, stearic acid, OpaDry® coating, croscarmellose sodium, magnesium stearate, and silicon dioxide.

### Suggested Use

1/4 teaspoon daily mixed with water, juice, or food, or as directed by a healthcare professional.

### Allergy Statement

Free of the following common allergens: milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat, gluten, soybeans, and yeast. Contains no artificial colors, flavors, or preservatives.

### Caution

If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your healthcare professional before using this product. Keep out of reach of children.

### References

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