
Vitamin C (Ascorbic Acid) or Natural C Complex

Attention! New research has shown that high doses of Vitamin C in the form of ascorbic acid can be harmful. The studies showed that over 500 mg of ascorbic acid per day caused the muscle layer inside the arteries to thicken thus narrowing the inside diameter of the arteries causing reduced blood flow.

Years ago, when Vitamin C was discovered, ascorbic acid was the only component of the complex identified; therefore, ascorbic acid was named Vitamin C. Since then, other components of the complex have been found. Unfortunately, the definition of Vitamin C didn't change. Ascorbic acid is the only thing that can be called Vitamin C. The other parts of the complex are P, K, and J factors, and tyrosinase (organic copper). P factors help strengthen blood vessels thus preventing bruising and bleeding gums. K factors help with blood coagulation, and J factors help with the oxygen carrying capacity of the blood. An analogy can be made between taking Vitamin C (ascorbic acid) and eating an egg. If you take Vitamin C as ascorbic acid only, it is like you are eating the eggshell of the egg and not the egg. Ascorbic acid is the antioxidant part of the C complex that protects the other valuable components from being oxidized. In order to make Vitamin C complete, you need all the components, not just ascorbic acid.

I did a search on the internet on ascorbic acid and found that most of the ascorbic acid in the world is manufactured by two companies, BASF and Roche. They make it from corn sugar. Through a series of chemical reactions, they produce ascorbic acid and then sell it to vitamin companies. The vitamin companies then put ascorbic acid into their supplements and call it "Vitamin C."

Since learning the harmful effects of ascorbic acid, the manufacturing process and the difference between "Vitamin C" vs. the natural C complex, I quit taking "Vitamin C" in the ascorbic acid form. Instead, I supplement my diet with products that have all the components of the natural C complex. I no longer recommend "Vitamin C" in the ascorbic acid form to anyone. Come in to the office and I can show you the difference.

If you have any questions, please call or email me at gbirdsley@msn.com.

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