

VITAMIN C

Ascorbic Acid | Ascorbate | L-ascorbic acid | 2-(1 2-dihydroxyethyl)-4 5-dihydroxy-furan-3-one

Vitamin C is an essential vitamin which can be found in many fruits and vegetables such as...

Citrus (oranges, kiwi, lemon, grapefruit)

* Bell peppers

* Strawberries

* Tomatoes

* Cruciferous vegetables (broccoli, Brussels sprouts, cabbage, cauliflower)

White potatoes (1).

Summary of Benefits:

Powerful antioxidant (3,4).

Supports immune function and may reduce the duration of a cold (5,6).

Cofactor for many enzymes, including those involved in collagen synthesis (7).

Reduces oxidative stress and inflammatory markers (2).

Vitamin C deficiency can result in scurvy (11).

Dosage Rationale:

According to the WHO, most adults need only 45 milligrams (mg) of vitamin C per day, but more recent research has shown this number to be too low. The minimum recommended intake has been set at 75 mg for women and 90 mg for men in the U.S., and 95 mg for women and 110 mg for men in the E. U (12).

Moreover, a 2022 study providing a starting dose of 110 mg recommended adding 10 mg for every 10 kg (22 lb) above 60 kg (132 lb) of body weight (12,13).

The claim that taking 2,000 mg up to five times a day to optimally reduce cold symptoms is not sufficiently tested and requires more evidence (12). Large doses of 3-10 grams can cause diarrhea (8). Additionally, nephrotoxicity can occur with high-dose administration (9,10). Since vitamin C is water-soluble, it's hard for your body to store it — with excess being passed in the urine. Adults typically won't absorb (or, therefore, use) more than about 400 mg of an 1,000 mg dose typical of packets or pills (14). Hence, to provide the benefits of vitamin C while avoiding negative side effects which may occur with excessively high doses, we opted for 400 mg of vitamin C in our Super U formula.

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