



Soaring Free

Things you need to know about vitamin C

it's heat sensitive

cats and humans don't make their own vitamin C like other animals can, so we need to consume it

it's water-soluble so it's not stored in the body, meaning that we HAVE TO top up every day (like vitamin Bs)

you need co-factors for your body to absorb vitamin C, otherwise you just put strain on your liver and will have vitamin C-rich urine!

the co-factors are minerals:
Iron + Copper

Top tip

Our bodies can only absorb about 500mg of vitamin C in one go, so it's best to stagger doses. Try these to sip on throughout the day:

- camu in water with a bit of honey
- blended into green smoothies or juices. Add spirulina to increase uptake of vitamin C.



Good to know

Vitamin C helps your body 'digest' the stress hormone! It lowers the excretion of the stress hormone, cortisol. This is good because too much cortisone in the system keeps you in a 'fight or flight' state which is not healthy for you.

What about synthetic, vitamin C isolates?

The types of vitamin C's out there are:

LEAST ABSORBABLE

synthetic citric acid



is usually found in cheap, standard, off-the-shelf supplements.

This is a laboratory made, isolated form and is created from black mould which is often cultivated on GMO substrates.



Note: citric acid is naturally found in lemons in it's wholefood, bioavailable form

A BIT BETTER

synthetic ascorbic acid



is laboratory made and is in an isolated form without co-factors to help absorption



Note: ascorbic acid is naturally found in CAMU with co-factors which then makes it a great vitamin C

GOOD

liposomal vitamin C

encapsulated in pockets of fat cells called liposomes, which is the same material that cell membranes are made of, so they bond to these membranes and are better absorbed.



these fat cell pockets can be made from animal-derived fat or cholesterol, so be sure to check that if you are a veggie.

GREAT

wholefood vitamin C

This vitamin C is in its natural state with co-factors and is a form the body recognises easily and can absorb better.



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