



Category 4
Vitamins



GOODFORYOU
GOOD FOR LIFE

ASCORBIC ACID

(100% Pure Powder) 1 lb. (454 g)
#100791

Description: **Ascorbic Acid** is another name for Vitamin C. Vitamin C is a popular antioxidant and one of the most widely used vitamins in the world. Fine Ascorbic Acid is a bioavailable form of Vitamin C in a powder form, so it can be combined with other powdered supplements or dissolved in liquid for easy ingestion.

Contents / Ingredients

Traditional Therapeutic Action

Ascorbic Acid in powder form offers value for money and ease of use especially when adding it to cooking or your favorite drinks. **Good For You** offers the *Fine Ascorbic Acid* that dissolves more readily in liquids better than regular crystalline ascorbic acid. The vitamin C is of pharmaceutical grade. We have searched worldwide for the best products at the best prices, no compromises, no added costs, and no frills. This delivers ascorbic acid at a high quality, but at an affordable price. Vitamin C plays a very important role within the body and many studies have demonstrated that a full store of vitamin C can help battle **harmful levels of cholesterol and triglycerides**, detoxify potentially dangerous histamines (substances produced in the body), **neutralize unwholesome chemicals in your diet** and more. "Stress is just one factor that steps up your vitamin C requirements," says Robert Haskell, M.D., of San Francisco. "If anything helps you battle the effects of stress, it's extra vitamin C." "It appears that all forms of pollution increase the requirements of vitamin C in humans," notes Dr. Ginter. It has been repeatedly shown that various pesticides, industrial toxins, certain drugs, particularly anti-pregnancy pills, and smoking decrease blood vitamin C levels.

If you have a wound that needs healing, you can observe the most dramatic example of extra C power first-hand. An "excess" of the vitamin not only heals wounds, but hurries the healing along at record speeds. Patients on a daily C intake of 500 to 3,000 milligrams had fast-paced healing. **Recovery time from both surgery and injury dropped by as much as 75 percent.** The structural integrity of every tissue and organ is dependent on this vitamin. Vitamin C is unique among vitamins as it holds the cells together and is the only one that **seems to play a role in every bodily function.** When this vitamin is deficient it causes more havoc in more places in the body than any other nutrient.

Vitamin C is a natural pollution fighter. It seems to attack chemical pollutants in our bodies in a way similar to antibodies fighting off infections. But unlike antibodies, vitamin C cannot be synthesized by the human body. Vitamin C gives the liver a helping hand in its job of **detoxifying harmful substances.** Vitamin C also seems to exert a protective effect against the wrath of nitrates. Most of us are already aware of the cancer causing potential of nitrate preservatives in meats like bacon, bologna and ham. Even if we stop bringing home the bacon, we've only begun to reduce our cancer risk. Nitrates have infiltrated our well water and streams as a result of chemical fertilizers and animal wastes which have run off into our water supplies. They have even been found on some vegetables and fish. Try as we might, we can't avoid them. Researchers suggest that, if we stock up on vitamin C, we may be able to **divert nitrate from forming a cancer-causing substance.** Nitrates pose a problem only when they are combined in the stomach with certain substances known as **amines.** When introduced into a stimulated stomach environment with nitrates, the vitamin C has been found to effectively compete for bonding positions. What does a body do about the various **toxic heavy metals** such as cadmium, mercury and lead that are leaking into our environment and threatening our health? Well, once again, we can begin by looking to vitamin C, which has been shown to **counteract the toxicity of cadmium.**

Supplement Facts

Serving Size: ½ Teaspoon (2.25 g)	Servings Per Container: 200	
	Amount Per Serving	% Daily Value
Vitamin C (Ascorbic Acid)	2.25 g	3750%
Other ingredients: none.		
Contains no sugar, salt, starch, soy, yeast, wheat, gluten, milk, preservatives.		

SUGGESTED DOSAGE: As a dietary supplement, take ½ level teaspoon 1 to 3 times daily, in juice or water.

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.