

# Buffered Vitamin C

Developed by Stephen A. Levine, Ph.D.



#70000 – 240 Grams Powder

#74270 (Cassava Root Source) – 300 Grams Powder

#70010 – 120 Vegetarian Capsules

#75010 (Cassava Root Source) – 120 Vegetarian Capsules

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## The Possible Benefits of Buffered Vitamin C, a Dietary Supplement

- Supports a wide variety of biochemical reactions throughout the body, including synthesis of collagen, detoxification, and immune system functions\*
- Helps to protect several other nutrients\*
- Provides significant levels of macrominerals calcium and magnesium

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## Description

Vitamin C is the most important water-soluble antioxidant nutrient and is involved in a wide variety of biochemical reactions throughout the body. Allergy Research Group® has pioneered the development of buffered vitamin C products, and continues to offer the purest and least allergenic vitamin C products available. In addition to its hefty content of ascorbic acid, our buffered vitamin C also supplies the macrominerals calcium and magnesium at approximately one half the RDI per heaping teaspoon, which may make it desirable for individuals who do not regularly consume dairy products.\*

The latest addition to our Buffered Vitamin C line is a unique cassava root (of the potato family) source Buffered Vitamin C, available in both powder and capsules. Cassava, or *Manihot esculenta*, is a bushy South American shrub with long tuberous roots, which are traditionally eaten like potatoes. Cassava root starch is the starting material for a multi-step chemical process of manufacturing ascorbic acid. It is well tolerated by individuals unable to tolerate other sources of vitamin C.\*

Both the corn and cassava root sources are formulated with carbonates of calcium and magnesium, giving an acid-alkaline buffering action (pH 7.0 in water), potentially improving bowel tolerance and minimizing hyperacidity.\*

The human body cannot manufacture vitamin C, as do most other mammals, so we must rely on

food or nutritional supplements. Vitamin C is stored in tissues throughout the body, and is especially concentrated in the adrenal glands, where it is crucial for the production of adrenal hormones involved in responding to stress.\* The body uses vitamin C in immune system functions including white blood cell production, histamine release and degradation, the reduction of glutathione, and the metabolism and protection of several other nutrients.\* Vitamin C is involved in detoxifying heavy metals such as lead, cadmium, mercury and nickel.\* It is involved in the production of collagen and elastin, important connective tissue proteins.\* Vitamin C may also support HDL cholesterol within normal levels, and bone mineral density.\*

Allergy Research Group® Buffered Vitamin C has been used clinically for offsetting acute hypersensitivity reactions and the addictive craving for foods, cigarettes and other withdrawal states from stimulants and alcohol.\* A study at the Haight-Ashbury Free Clinic in San Francisco demonstrated that Buffered Vitamin C could offset and reduce withdrawal symptoms for stimulants and opiates by 90% in outpatients, who took a teaspoon of Buffered Vitamin C whenever they felt a craving.\*

Calcium is important for skeletal health, with 99% of calcium occurring in the bones and teeth, and the rest found in cells and body fluids. Calcium is involved in many functions in the human body, including initiation of muscle

\*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.

