

# 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.

contractions, the blood clotting process, and the regulation of nutrient and waste product transport through cell membranes.\* It also is involved with enzymes that control fat digestion and metabolism, blood pressure, cholesterol, hormones, and nerve impulse transmission.\*

Magnesium is involved in more than 300 enzyme reactions in the human body. It is utilized in the metabolism of carbohydrates, proteins and fats, and in transmission of nerve impulses, temperature regulation, detoxification, and energy production.\* It is a key

element for cardiovascular health, as it helps relax blood vessels, and supports blood pressure within normal levels. Magnesium is also important for the health of bones and teeth, particularly the enamel.\*

Potassium (used in our powdered Buffered Vitamin C only) is an electrolyte, involved in the regulation of the flow of bodily fluids into and out of cells (intracellular osmosis).\* Potassium is involved with the regulation of pH balance, blood pressure, and the conversion of blood sugar into glycogen.\*

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### **Buffered C Powder**

Serving Size: 1 teaspoon (4.7 g)

Servings Per Container: 51 #70000, 63 #74270

#### **Amount Per Serving:**

Vitamin C (as Ascorbic Acid)	2135 mg
Calcium (as Calcium Carbonate)	405 mg
Magnesium (as Magnesium Carbonate)	215 mg
Potassium (as Potassium Carbonate)	90 mg

Other ingredients: Cellulose.

**Suggested Use:** As a dietary supplement, 1 heaping teaspoon or more in 8 to 12 ounces of liquid between meals, or as directed by a healthcare practitioner. As with all vitamin C formulations, as one begins to achieve body saturation, "bowel tolerance" may be temporarily exceeded and diarrhea or loose stools may occur. As the high levels of vitamin C in the tissues become used up, the bowel symptoms should ease. Ideal for controlling acidity often associated with hypersensitivity reactions.\*

### **Buffered C Vegetarian Capsules**

Serving Size: 4 Vegetarian Capsules

Servings Per Container: 30

#### **Amount Per Serving:**

Vitamin C (as Ascorbic Acid)	2000 mg
Calcium (as Calcium Carbonate)	380 mg
Magnesium (as Magnesium Carbonate)	208 mg

Other ingredients: Hydroxypropyl methylcellulose, cellulose, silicon dioxide, stearic acid.

**Suggested Use:** As a dietary supplement, 2 to 4 capsules, two or three times daily between meals, or as directed by a healthcare practitioner



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