

# Vitamin C

Vitamin C is one of the most important water-soluble antioxidant nutrients and is involved in a wide variety of biochemical reactions throughout the body. Humans, unlike most other mammals, cannot manufacture vitamin C, 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® 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 macro-minerals 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.\*

Buffered Vitamin C Powder is formulated with carbonates of calcium, magnesium, and potassium, giving an acid-alkaline buffering action (pH 7.0 in water), potentially improving bowel tolerance and minimizing hyperacidity.\*

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.\*

Our newest vitamin C product is Buffered Cassava Vitamin C capsules, providing high-purity non-GMO ascorbic acid from cassava root, buffered with carbonates of calcium and magnesium. Polyphenol-C® 500 offers pure non-GMO vitamin C with concentrated polyphenols from grapes, blueberries, cranberries, blackberries, raspberries, and strawberries. Micro Liposomal C utilizes non-GMO vitamin C, in pure essential phospholipids from non-GMO sunflower lecithin. The soy-free liposomes are several times smaller than other vitamin C liposome products. Micro Liposomal C pours freely as a liquid and tastes great.



#70020  
120 grams (4.2 oz)

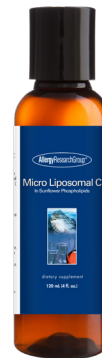
## Pure Vitamin C Powder

### Supplement Facts

Serving Size ½ Teaspoon (2 g)  
Servings Per Container 60

Amount Per Serving	% Daily Value*
Vitamin C (as Ascorbic Acid)	2 g 2222%

\*Percent Daily Value are based on a 2,000 calorie diet



#76770  
120 mL (4 fl. oz.)

## Micro Liposomal C

### Supplement Facts

Serving Size 1 Teaspoon (5 mL)  
Servings Per Container 24

Amount Per Serving	% Daily Value
Vitamin C (from Sodium Ascorbate)	1000 mg 1111%
Sodium (from Sodium Ascorbate)	125 mg 5%

Essential Phospholipids (from Purified Sunflower (Seed) Lecithin) 250 mg †

† Daily Value not established

Other ingredients: Water, glycerin, ethanol, natural citrus oil.



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#70000  
240 grams (8.5 oz.)

## Buffered Vitamin C Powder

Supplement Facts		
Serving Size	½ Teaspoon (2.35g)	
Servings Per Container	102	
Amount Per Serving	% Daily Value*	
Vitamin C (as Ascorbic Acid)	1.067 g	1186%
Calcium (as Calcium Carbonate)	202 mg	16%
Magnesium (as Magnesium Carbonate)	107 mg	25%
Potassium (as Potassium Carbonate)	45 mg	1%

\* Percent Daily Value are based on a 2,000 calorie diet

Other ingredients: Microcrystalline cellulose.



#70010  
120 vegetarian capsules

## Buffered Vitamin C

Supplement Facts		
Serving Size	2 Capsules	
Servings Per Container	60	
Amount Per Serving	% Daily Value*	
Vitamin C (as Ascorbic Acid)	1 g	1111%
Calcium (as Calcium Carbonate)	190 mg	15%
Magnesium (as Magnesium Carbonate)	104 mg	25%

\*Percent Daily Value are based on a 2,000 calorie diet.

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



#77620  
90 vegetarian capsules

Supplement Facts		
Serving Size	1 Capsule	
Servings per Container	90	
Amount Per Serving	% Daily Value*	
Vitamin C (as ascorbic acid) (non-GMO) (from 800 mg Polyphenol-C® Proprietary Blend)	500 mg	556%
Berry Polyphenols (from 800 mg Polyphenol-C® Proprietary Blend containing Grape Extract (whole fruit), Blueberry Extract (whole fruit), Cranberry Extract (whole fruit), and concentrates from Blackberry (whole fruit), Raspberry (whole fruit), Strawberry (whole fruit))	80 mg	†

†Daily value not established.  
\*Percent Daily Value are based on a 2,000 calorie diet.

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



#75010  
120 vegetarian capsules

## Buffered Cassava Vitamin C

Supplement Facts		
Serving Size	1 Capsule	
Servings Per Container	120	
Amount Per Serving	% Daily Value*	
Vitamin C (Ascorbic Acid) (cassava source)	500 mg	556%
Calcium (as Calcium Carbonate)	95 mg	7%
Magnesium (as Magnesium Carbonate)	52 mg	12%

† Daily value not established.  
\*Percent Daily Value are based on a 2,000 calorie diet.

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, Nu-MAG® (rice extract, rice hulls, gum arabic, sunflower oil), Nu-FLOW® (rice hulls), stearic acid.



#70070  
100 vegetarian capsules

#70080  
200 vegetarian capsules

## Esterol Ester-C®

Supplement Facts		
Serving Size	2 Capsules	
Servings Per Container	50 or 100	
Amount Per Serving	% Daily Value*	
Vitamin C (as Calcium Ascorbate)	1.35 g	1500%
Calcium (as Calcium Ascorbate)	150 mg	12%
Rutin	100 mg	†
Quercetin	50 mg	†
Grape Seed Extract (92% Proanthocyanidins)	5 mg	†

†Daily Value not established.  
\*Percent Daily Value are based on a 2,000 calorie diet

Other ingredients: Hydroxypropyl methylcellulose, magnesium stearate, silicon dioxide.



#70030  
100 vegetarian capsules

## Pure Vitamin C

Supplement Facts		
Serving Size	2 Capsules	
Servings Per Container	50	
Amount Per Serving	% Daily Value	
Vitamin C (as Ascorbic Acid)	2 g	2222%

\* Percent Daily Value are based on a 2,000 calorie diet

Other ingredients: Hydroxypropyl methylcellulose, stearic acid, magnesium stearate.



#70090  
100 vegetarian capsules

## Magnesium Ascorbate

Supplement Facts		
Serving Size	2 Capsules	
Servings Per Container	50	
Amount Per Serving	% Daily Value	
Vitamin C (as Magnesium Ascorbate)	1 g	1111%
Magnesium (as Magnesium Ascorbate)	70 mg	17%

\* Percent Daily Value are based on a 2,000 calorie diet

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, L-leucine.