



# Vitamin C

Vitamin C is the most important watersoluble antioxidant nutrient 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.\*

We also offer Buffered Vitamin C from a unique cassava root source (of the potato family), 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 usually 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.\*

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 Micro Liposomal C. It utilizes European 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.

## Key Features

- 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\*
- Buffered form provides significant levels of macrominerals calcium and magnesium, and can enhance alkalinization\*



#70000  
240 grams (8.5 oz)



#74270  
300 grams (10.6 oz)

### Buffered C Powder

Corn • #70000 • 240 grams (8.5 oz)

Cassava • #74270 • 300 grams (10.6 oz)

#### Supplement Facts

Serving Size	1/2 Teaspoon (2.35g)
Servings Per Container	102 (#70000) 127 (#74270)

Amount Per Serving	% Daily Value*
Vitamin C (as Ascorbic Acid)	1067 mg 1778%
Calcium (as Calcium Carbonate)	202 mg 20%
Magnesium (as Magnesium Carbonate)	107 mg 27%
Potassium (as Potassium Carbonate)	45 mg 1%

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

Other ingredients: Microcrystalline cellulose.

### Buffered C Vegetarian Capsules

Corn • #70010 • 120 vegetarian capsules

Cassava • #75010 • 120 vegetarian capsules

#### Supplement Facts

Serving Size	2 Capsules
Servings Per Container	60
Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid)	1000 mg 1665.5%
Calcium (as Calcium Carbonate)	190 mg 19%
Magnesium (as Magnesium Carbonate)	104 mg 26%

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



#70010  
120 vegetarian capsules



#75010  
120 vegetarian capsules



#70020  
120 grams (4.2 oz)



#75020  
120 grams (4.2 oz)

### Pure Vitamin C Powder

Corn • #70020 • 120 grams (4.2 oz)

Cassava • #75020 • 120 grams (4.2 oz)

#### Supplement Facts

Serving Size	1/2 Teaspoon (2 g)
Servings Per Container	60

Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid)	2 g 3333%



#70030  
100 vegetarian capsules



#75030  
100 vegetarian capsules

### Pure Vitamin C Vegetarian Capsules

Corn • #70030 • 100 vegetarian capsules

Cassava • #75030 • 100 vegetarian capsules

#### Supplement Facts

Serving Size	2 Capsules	
Servings Per Container	50	
Amount Per Serving	% Daily Value	
Vitamin C (as Ascorbic Acid)	2 g	3333%

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

### Esterol Vegetarian Capsules

#70070 • 100 vegetarian capsules

#70080 • 200 vegetarian capsules

#### Supplement Facts

Serving Size	2 Capsules	
Servings Per Container	50	
Amount Per Serving	% Daily Value*	
Vitamin C (as Calcium Ascorbate)	1.35 g	2250%
Calcium (as Calcium Ascorbate)	150 mg	15%
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.



#70070  
100 vegetarian capsules



#70080  
200 vegetarian capsules

### Micro Liposomal C

#76770 • 120 mL (4 fl. oz.)



#70090  
100 vegetarian capsules

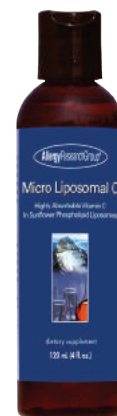
### Magnesium Ascorbate

#70090 • 100 vegetarian capsules

#### Supplement Facts

Serving Size	2 Capsules	
Servings Per Container	50	
Amount Per Serving	% Daily Value	
Vitamin C (as Magnesium Ascorbate)	1000 mg	1667%
Magnesium (as Magnesium Ascorbate)	70 mg	18%

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



#76770  
120 mL (4 fl. oz.)

#### Supplement Facts

Serving Size	1 Teaspoon (5 ml)	
Servings Per Container	24	
Amount Per Serving	% Daily Value*	
Vitamin C (as Sodium Ascorbate) (Quali®-C)	1000 mg	1667%
Sodium	131 mg	5%
Essential Phospholipids (from Purified Sunflower (Seed) Lecithin)	250 mg	†

† Daily Value not established

\* Percent daily values are based on a 2,000 calorie diet.

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