

Vitamin C Powder

As Ascorbic Acid

Presentation

A soluble fine white powder.

Per ¼ teaspoon (1 gram):

Vitamin C (as ascorbic acid) 1000mg

Suitable for vegetarians  and vegans 

quantity
250g

type
powder

code
8103



Uses

Vitamin C, or ascorbic acid, was the subject of the first controlled nutritional experiment in recorded history. It is known to be involved in at least 300 biochemical pathways in the body. It is needed for a healthy immune system, healthy bones, teeth and gums as well as helping to maintain normal blood fat and cholesterol levels. In addition to being an antioxidant in its own right, vitamin C facilitates the body in recycling other antioxidants such as vitamin E.

Vitamin C, being one of the fragile water-soluble nutrients, is highly unstable and easily destroyed by heat and light, and it is not always possible to be sure how much is taken in the diet. Our daily requirement for it is higher than for any other water-soluble vitamin.

Powders are ideal for those who find tablets difficult to swallow or those who require large amounts of this vitamin. This fast dissolving fine powder is an economical way to supplement vitamin C. It has a refreshing sharp taste similar to fruit acids such as lemons and limes, and it is ideally suited for fortifying fruit juices and squashes.

Usage & Administration

1 to 2 grams daily. ¼ teaspoon = 1 gram

Small intakes several times daily (freshly made up) are more beneficial than a large single daily dose. Up to 250 days supply.

Allergen advice

None (see page 194)

Cautions

Over 1000mg of vitamin C may cause mild stomach-upset in sensitive individuals.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

