

# Daily Vitamin C Dosage Charts

## Maintenance Levels of Vitamin C Supplementation Per Day (ref)

Total Vitamin "C" per day	Body Weight	Number of Doses	Amount per dose
6,000-7,000 mg.	250 lbs. / 114kg	3-4	2,000 mg.
5,000-6,000mg.	200 lbs. / 91kg	4-6	1,000-2,000 mg.
4,000-6,000 mg	160 lbs. / 73kg	4-6	1,000-2,000 mg.
3,000 mg	110 lbs. / 50kg	3	1,000 mg.
2,500 mg.	85 lbs. / 39kg	5	500 mg.
1,500 mg.	55lbs. / 25kg	3	500 mg.
1,000 mg.	28 lbs. / 13kg	3	350 mg
250-420 mg.	14-15 lbs. / 6-7 kg	3	85-140 mg.
180-240 mg.	7-8 lbs. / 3-4kg	3	60 – 80 mg.

About 60 mg/kg/day vitamin C per kg body weight per day

Kids general easy rule: 1,000mg/day for each year of age leveling off at 10,000mg at ten yrs of age

\* If loose stools result, decrease the amount per dose and increase the number of doses

\* Do a monthly bowel tolerance test to determine if your health has improved enough to reduce doses

## Therapeutic Levels of Vitamin C Supplementation Per Day (ref)

(most often when not well)

Total Vitamin "C" per day	Body Weight	Number of Doses	Amount per dose
40,000 mg.	250 lbs. / 114kg	20	2,000 mg.
32,000mg.	200 lbs. / 91kg	16	2,000 mg.
25,000 mg	160 lbs. / 73kg	12	2,000 mg.
17,500 mg	110 lbs. / 50kg	18	1,000 mg.
14,000 mg.	85 lbs. / 39kg	18	500 mg.
9,000 mg.	55lbs. / 25kg	18	500 mg.
4,500 mg.	28 lbs. / 13kg	9	500 mg.
2,300 mg.	14-15 lbs. / 6-7 kg	9	250 mg.
1,200 mg.	7-8 lbs. / 3-4kg	9	130 - 135 mg.

350 mg Vitamin C per kg body weight per day (350 mg/kg/day)

\* If loose stools result, decrease the amount per dose and increase the number of doses

\* Do a monthly bowel tolerance test to determine if your health has improved enough to reduce doses