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The real Vitamin C Complex *has anti-scurvy factors*, promotes phagocytosis, immune resistance, and vascular integrity, increases oxygen-carrying capacity of the blood stream, and activates the adrenal glands.

JOHN COURTNEY: " *Vitamin C is a very misunderstood vitamin. The government is responsible for this because they have decided that you rate any vitamin C product according to the amount of ascorbic acid it contains. Ascorbic acid is an antioxidant. It is the preservative part of the C complex. To refine out or to synthesize the preservative, in our opinion is a mistake.*"

The real vitamin C complex contains:

- *Vitamin P factors (bioflavonoids, rutin)*: Maintain vascular integrity. These are deficient in people who bruise easily or who have "pink toothbrush." Their blood vessels break or rupture too easily and bleed. The P factors strengthen the vascular system. They make the vessels tougher and more durable.
- *Vitamin K*: Promotes prothrombin or blood coagulation. Bleeders do not have enough vitamin K. If you have plenty of vitamin K, it's used in the formation of protein which is then transported to the injured tissue.
- *Vitamin J*: The J factor is part of the C complex which increases the oxygen-carrying capacity of the blood. If you have a cold, you want to get oxygen to your tissues where it oxidizes the toxins and carries them off with carbon dioxide. In addition to these, the C complex contains enzymes, tyrosinase being the hero of them all.
- *Tyrosinase* is like a catalyst, as is organic copper. Tyrosinase is essentially organic copper. If you want to rate vitamin C according to one factor, it would be logical to rate the tyrosinase. We have found that products containing the most tyrosinase produce the best clinical results. All these components are important.
- *Ascorbic Acid*: To say that ascorbic acid *is* vitamin C is like looking at a wheel and saying that it is an automobile, while it is just a small part of an automobile.

What about the high-potency vitamin C products? These are made by the addition of synthetic ascorbic acid. Sometimes you will see the addition of a food base, usually rose hips or acerola berries. Sense the public knowledge on bioflavonoids, manufacturers know that the public demand is for "natural" or "organic products". So, food is used as a base but they also know that people feel that if a little is good for you, more is better. *Synthetic ascorbic acid is added to the food base in order to increase the label data potency.* In such a product, you might have 500 milligrams of synthetic ascorbic acid (*the preservative part*) and only 25 milligrams or so of the food base, which would contain the other C complex factors. Unfortunately, this is hard to tell just by looking at the label, unless you know what to look for. These high potency mega-products usually have labels that say "natural" or "organic." **This is because *synthetic ascorbic acid, a derivative of petroleum, contains carbon and is therefore "chemically organic", although it is hardly a food. It is, in fact, a drug.*** To put 500 milligrams of *naturally occurring* ascorbic acid into a tablet, the tablet would have to be as big as a ping-pong ball! To determine if a vitamin C product really is natural, as the label claims, just look at the potency. It is synthetic if it contains more than five milligrams of ascorbic acid. Holistic health advocates are more interested in more than just ascorbic acid.

REVIEW: Real vitamin C complex contains 5 parts. Can you name them?:

1. _____, also known as bioflavonoids, rutin, maintains vascular integrity. Deficiencies cause patients to bruise easily and/or have "pink toothbrush".
2. Vitamin ____ promotes protein formation at injured tissues causing blood to coagulate.
3. Vitamin ____ increases oxygen-carrying capacity of the blood.
4. An enzyme called _____ (organic copper), is an adrenal activator
5. Ascorbic _____, is the protective part of the Vitamin C complex

Questions:

- 1) Products that contain the most of this factor gets the best clinical results and why?
- 2) How many milligrams of ascorbic acid is too much in one dose taken in supplement form?
- 3) Functional potency contains all the known and unknown synergistic factors? T or F
- 4) High potency means synthetic and usually made from petroleum? T or F
- 5) How big would a 500 mg tablet of natural ascorbic acid be?

WHOLE FOOD SOURCED SUPPLEMENT OPTIONS: CATAPLEX C, *OPC Synergy™*, *Bilberry (MediHerb)*