

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.

VITAMIN C PRODUCTS



#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%

Other ingredients: Water, glycerin, ethanol, phospholipids (from purified sunflower seed lecithin), 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

Polyphenol-C® 500

Supplement Facts

Serving Size	1 Capsule	
Servings per Container	90	
Amount Per Serving	% Daily Value*	
Vitamin C (as ascorbic acid)	500 mg	556%
(non-GMO) (from 800 mg Polyphenol-C® Proprietary Blend)		
Berry Polyphenols	80 mg	†
(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))		

†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.

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#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 Dihydrate	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.