

# Liposomal Vitamin C – Optimized Absorption

## 1000 mg per serving

### About Liposomal Vitamin C

- Vitamin C is an essential nutrient our bodies cannot synthesize, yet it is required for multiple physiological processes. In addition to supporting antioxidant activity, vitamin C is needed for collagen production, which is important for the connective tissues needed in healthy joints and bones, as well as for wound healing.\* It also supports iron absorption and helps maintain many aspects of normal immune function.\*<sup>1,2</sup>
- Liposomal vitamin C is a highly bioavailable form of vitamin C. Liposomes provide a protective layer of lipids that encapsulate vitamin C, which is normally water-soluble. This bypasses the usual limits to how much vitamin C can be absorbed in the digestive tract without digestive symptoms. Liposomal vitamin C has been shown to support blood levels of vitamin C to a greater degree than traditional forms, providing antioxidant activity.\*<sup>3,4</sup>
- In a crossover trial, liposomal vitamin C was found to support healthy plasma levels and vitamin C absorption, with higher bioavailability than the non-liposomal form.<sup>5</sup>
- Vitamin C is important for healthy immune system support, especially of the upper respiratory passages.\*<sup>2,6</sup>

### How to Use Liposomal Vitamin C

- 2 softgels per day or as directed by a health care professional.

### Cautions and Contraindications

- Consult your health care professional prior to use if you are pregnant, trying to become pregnant, breastfeeding, taking medication, have a medical condition, or anticipate surgery. Keep out of reach of children.
- Vitamin C supplementation is contraindicated in blood disorders such as thalassemia, glucose-6-phosphate dehydrogenase (G6PD) deficiency, sickle cell disease, and hemochromatosis. Vitamin C should be used cautiously in oxalate nephropathy or people with kidney stones, as acidification by ascorbic acid increases the chances of precipitation of cysteine, urate, and oxalate stones, particularly in men.<sup>1,7</sup>

### Drug Interactions

- No known contraindications. Medications such as aspirin, indomethacin, oral contraceptives, tetracyclines, and corticosteroids may deplete vitamin C.

USER NAME: \_\_\_\_\_

#### PROFESSIONAL NOTES:

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### Quick Tips for Optimal Health

- In a systematic review of existing studies on healthy immune function, the Mediterranean diet was found to help maintain C-reactive protein levels already within the normal range.\*<sup>8</sup>
- In addition to supporting healthy immune function, vitamin C is needed for collagen synthesis, which is important for maintaining healthy bones. In a systematic review of studies, a higher intake of vitamin C helped support and maintain bone density already within the normal range.\*<sup>9</sup>
- While important for overall health, extreme physical activity can stress healthy immunity, particularly in the respiratory tract. In trials involving marathon runners, skiers, and soldiers performing subarctic exercises, vitamin C supplementation was shown to help maintain respiratory health.\*<sup>10</sup>
- Although clinical trials are needed, preclinical studies and animal models suggest vitamin C may help support normal soft tissue repair, including ligaments and tendons.\*<sup>11,12</sup>
- Vitamin C has also been found to support oral health, and people with higher dietary intakes of vitamin C have been found to have healthier gums.\*<sup>13,14</sup>

PROFESSIONAL CONTACT INFORMATION:

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## References

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