

Liposomal Vitamin C – Optimized Absorption, 1000 mg per serving

About Liposomal Vitamin C

- Vitamin C is an essential nutrient that our bodies cannot synthesize, yet it is required for multiple physiological processes. In addition to being an antioxidant, 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 enhances the absorption of iron and is essential to many aspects of immune function.^{1,2}
- Liposomal vitamin C is a 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.^{3,4}
- In a crossover trial, liposomal vitamin C was found to have nearly twice the bioavailability of the non-liposomal form, resulting in peak blood levels that were more than double.⁵
- At least 5% of people in industrialized countries are thought to have deficiencies of vitamin C, and 13% to have suboptimal status.⁶
- Some groups are at higher risk for a vitamin C deficiency, including people with inflammatory bowel disease (IBD), cancer, or food allergies, as well as tobacco smokers.¹ For example, over 20% of people with IBD are likely to have a vitamin C deficiency, and this reaches 40–50% in the presence of elevated markers of inflammation.⁷
- Vitamin C is important for all aspects of the immune system. Supplementation with vitamin C has been shown to reduce the duration of upper respiratory tract infections (URTIs), such as the common cold.²

How to Use Liposomal Vitamin C

- Take 2 softgels once daily or as directed by a health care practitioner.

Cautions and Contraindications

- Consult a health care practitioner prior to use if you are pregnant or breastfeeding. 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 nephrolithiasis, as acidification by ascorbic acid increases the chances of precipitation of cysteine, urate, and oxalate stones, particularly in men.^{1,8} Keep out of reach of children.

PATIENT NAME: _____

PRACTITIONER NOTES:

Drug Interactions

- No known contraindications. Some medications deplete vitamin C and supplementation may mitigate adverse effects, including aspirin, indomethacin, oral contraceptives, tetracyclines, and corticosteroids.

Quick Tips for Optimal Health

- ☐ In a systematic review of existing studies related to immune function and inflammation, the Mediterranean diet was associated with the lowest levels of inflammatory markers, such as C-reactive protein.⁹
- ☐ In addition to its role in immune function, vitamin C is needed for collagen synthesis, which is important for bone health. In a systematic review of studies, a higher intake of vitamin C was associated with a greater bone mineral density and a 33% lower risk for osteoporosis.¹⁰
- ☐ While important for overall health, extreme physical activity can also increase the risk of URTIs. In trials involving people such as marathon runners, skiers, and soldiers performing subarctic exercises, vitamin C supplementation was shown to cut the incidence of colds roughly in half.¹¹
- ☐ Although clinical trials are needed, preclinical studies and animal models suggest vitamin C may help with recovery from soft tissue injuries, such as injuries to ligaments and tendons.^{12,13}
- ☐ Vitamin C has also been found to be important for oral health, including the prevention of gum disease. People with lower dietary intakes of vitamin C have been found to have a greater risk of developing periodontitis and gingivitis.^{14,15}

PRACTITIONER CONTACT INFORMATION:

References

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