



Ascorbic Acid

Overview

Ascorbic acid, also known as vitamin C, is an antioxidant that plays an important role in the body: it protects the body's cells from damage. It is also necessary to maintain the health of skin, teeth, bone, cartilage, and blood vessels. Studies have shown that it may help brain function in people with cognitive impairments such as Alzheimer's disease and dementia. Without the proper amount of ascorbic acid, people are at risk for cardiovascular illness, compromised immune systems, premature aging, increased stress response, and low energy. Ascorbic acid is found in foods such as citrus fruits, kiwi, broccoli, tomatoes, leafy vegetables, potatoes, brussels sprouts, raw bell peppers, and strawberries. Most people get sufficient ascorbic acid through their diet. Others may not be able to absorb enough through diet or ingestible supplements. In these cases, injections may be prescribed.

Other Uses

Ascorbic acid is one of many antioxidants that can protect against damage caused by harmful molecules called free radicals, as well as toxic chemicals and pollutants like cigarette smoke. Free radicals can build up and contribute to the development of health conditions such as cancer, heart disease, and arthritis. Ascorbic acid may also be beneficial for patients with colds, macular degeneration, inflammation, skin aging, and in those who have suffered from a stroke.

Dosage, Concentration, Route of Administration

Dosage: Seek advice from a licensed physician, medical director, or other healthcare provider

Concentration: 500mg/ml

Route of Administration: IV/IM

Storage

Store at controlled room temperature. Protect from light.