

How natural vitamin C from fruits differs from customary vitamin C (Ascorbic acid)?

As opposed to the ascorbic acid plant active substances deliver vitamin C from fruits, in addition (Bioflavonoids). These natural Antioxidantien protect the vitamin C against untimely dismantling and can strengthen his effect by a multiple. More and more studies show that bioflavonoids can make a determining contribution to the preservation and support of the health in her infinite variety. Therefore, it is also not necessary to take such large amounts vitamin C in natural to achieve the same protective effect like with customary ascorbic acid. Moreover, it becomes problem of most which do not stand ascorbic acid without feeling disagreeable side effects, taken. Seen of it once completely, inorganic vitamin C is not able to do as for example the ascorbic acid tically not at all verstoffwechselt, are digested and a bioavailability of nearly zero has for the organism.

How often should we take vitamin C?

Our body cannot produce vitamin C itself which is of vital importance for our health. Therefore, it must be taken up with the food or with food supplements regularly. Investigations have shown that it is substantially better to take tiny amounts of vitamin C several times daily. Therefore, according to vitamin C need you take instead of one single large amount 3 to 4 small servings for the meals.

Our Camu Camu contains pure natural vitamin C from mind. 50%.

Vitamin C - infos In general

Vitamin C hardly has such a basic meaning for our health, that one to itself an illness can introduce which cannot be improved by the vitamin C. From the cold up to the cancer, from the high blood pressure to asthma, in the vast amount of her to present scientific reports the salutary role is booked by vitamin C exceedingly impressively. However, it depends on the right amount. And the right amount lies by no means in the area from the German society for food (with 75 mg for adults) distinct recommendation. Today the nutrient researchers agree about the fact that we need daily rather 1000 mg for the preservation of the health and absolutely often even more for the treatment of illnesses.

Vitamin C is one of our most important antibodies in the fight of free radical and viral or bacterial intruders. At the same time vitamin C extends the effectiveness of other important Antioxidantien, such as vitamin E and Gluthathion. One can summarise the diversified biological activities of vitamin C into a sentence: Who takes vitamin C, lives longer.

Some tips for the use: Best of all is if you take the vitamin together with the bioflavonoids which improve the vitamin activity. Then everyday 500 - 1000 mg are ordinarily sufficient together with 500 - 1000 mg of bioflavonoids for healthy adults. Higher amounts are harmless as has been proved and also the sometimes proposed assertions, too much vitamin C can cause kidney stones or a B-12 lack, have turned out to be not valid.

HIV patients, heroin dependent and also patients whom to themselves to a Chemo-Therapieunterziehen, everyday mega tins sometimes receive from mg 5.000 - 10.000 of vitamin C for a longer period, without negative side effects.

One can ascertain the individual admission border easily because the bowel movement becomes soft if the supply is too high. It makes sense to divide the everyday supply, it is,

while one takes tablets with delayed delivery, it is, while one brings in the morning, at noon and in the evening 1/3 to the daily ration. You should not bring at the beginning more than 1000 mg daily and increase the amount slowly in the course of one week on the required value. Also the supply should not be broken off suddenly. If one has taken temporarily higher amounts than the everyday dose, these should be slowly led back on the usual measure. Digestive enzymes cause a better concentration of vitamin C in the blood. If one takes no additional digestive enzymes, the vitamin should be supplied always together with a meal. Vitamin C plays a basic role with the education of collagen which is important for the growth and the repair of body cells, gums, blood vessels, bones and teeth. It helps in the admission of iron by the body. It is faster used under stress terms.

Smokers and older people have a raised need in vitamin C (every cigarette destroys 25 to 100 mg). If the healing of wounds, combustion and accelerates Gum-bleed. If the effect from drugs which become the treatment of illnesses of the Urinary passage-given increases. If the healing accelerates after operations. Helps to lower the cholesterol level in the blood. Helps in the prevention against many virus infections or bacterial infections and increases quite in general the defensive system. It protects against cancer-causing materials. Helps the education of Nitrosaminen (cancer-causing materials) to counteract. Works as a natural purge. Leads to less Blood clots in the veins.

Helps as a treatment and prevention in quite normal colds and influenza. The life extends, while it allows that the collagen cells hold together. The effect from many substances, that cause allergy, weakens. There is vitamin C as normal tablets, long time capsules, drops, powders, chewing tablets, juice - in almost every form in which one can take vitamins to himself. The difference between "natural" or "organic" vitamin C and usual ascorbic acid lies primarily in the ability of the single person to digest it.

The best vitamin C preparation is this which contains the entire C-Komplex from bioflavonoids, Hesperidin and Rutin, organic nature is and to 100% Bioavailable for the organism. The usual day dosages lie between 500 mg and 5000 mg. Strong smokers take around the vitamin C dismantling by nicotine to compensate often up to 10 g on the day and take pleasure to the best health.

With friendly greeting – Thomas Stefanov

Mammacom OOD