Vitamin C Balance

The role of vitamin C is well established. It is involved in literally hundreds of biological processes in the body. The following list is just a few of vitamin C’s most important functions as it relates to health and aging:

- Protects against oxidative stress.
- Essential in the synthesis of adrenal hormones and neurotransmitters.
- Supports and protects blood vessels, bones, joints, organs, muscles, eyes, teeth, ligaments, cartilage and skin.
- Essential in the production of collagen and connective tissue.
- Essential to antibody production.
- Increases white blood cell activity.
- Essential to the production of interferon.
- Protects LDL cholesterol against oxidative stress.
- Protects the heart from oxidation.
- Protects against oxidation stress to the skin.
- Essential in the conversion of tryptophan to serotonin, and tyrosine dopamine and adrenaline.
- Protects against high blood pressure.
- Appears to reduce the risk of cancer, particularly esophageal, larynx, stomach, colon, lung.
- Reduces risk of cataracts.
- Protects against the build-up of gallstones.
- Improves the stability of vitamin E in the body.
- When combined with bioflavonoid, reduces histamine reactions.

Many patients are either low in vitamin C or are not utilizing their supplemental vitamin C efficiently.