



— Your Trusted Source —

# Buffered Ascorbic Acid

Introduced 1991



## What Is It?

Buffered ascorbic acid combines calcium ascorbate, magnesium ascorbate, and potassium ascorbate to create a neutral pH vitamin C. This special form of ascorbic acid lessens possible gastric irritation in sensitive individuals.\*

## Uses For Buffered Ascorbic Acid

**Various Physiological Support Properties:** Vitamin C offers a wide range of support for the human body. It is a potent antioxidant and free radical scavenger supporting cellular and vascular health. Vitamin C has been reported to promote nitric oxide activity as well as to help maintain healthy platelet function. It supports the body's defense system by enhancing white blood cell function and activity, and increasing interferon levels, antibody responses, and secretion of thymic hormones. Furthermore, this antioxidant has histamine lowering properties and increases lymphocyte formation. It is also essential for the formation and maintenance of intercellular ground substance and collagen, important for joint health. Vitamin C aids in the absorption of iron and the formation of red blood cells and converts folic acid to its active forms.\*

## What Is The Source?

The ascorbic acid in this formula is derived from corn dextrose fermentation. The minerals in this formula are naturally derived from limestone. Ascorbyl palmitate in Buffered Ascorbic Acid capsules is also derived from corn dextrose fermentation and palm oil.

## Recommendations

Pure Encapsulations recommends 2-6 capsules, in divided doses, with or between meals, or 1/4 tsp (1,100 mg) or more per day, as needed.

## Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. People with the following conditions should consult their doctor before supplementing with vitamin C: glucose-6-phosphate dehydrogenase deficiency, iron overload (hemosiderosis or hemochromatosis), history of kidney stones, or kidney failure. It has been suggested that people who form calcium oxalate kidney stones should avoid vitamin C supplements because vitamin C can convert into oxalate and increase urinary oxalate. Consult your physician for more information.

## Are There Any Potential Drug Interactions?

Buffered ascorbic acid may react with mixed amphetamines (a specific amphetamine combination used to treat narcolepsy and attention deficit disorder) and blood thinning medications. Consult your physician for more information.

## Buffered Ascorbic Acid capsules

each vegetarian capsule contains 00

vitamin C .....	480 mg
(from calcium ascorbate, magnesium ascorbate and potassium ascorbate)	
calcium (from calcium ascorbate) .....	93 mg
magnesium (from magnesium ascorbate).....	51 mg
potassium (from potassium ascorbate).....	21 mg
ascorbyl palmitate (fat-soluble vitamin C) .....	20 mg
other ingredients: vegetarian capsule (cellulose, water)	

**2-6 capsules daily, in divided doses, with or between meals, or as directed by a health professional.**

## Buffered Ascorbic Acid powder

one heaping teaspoon (4.4 grams) contains approximately

vitamin C .....	2,024 mg
(from calcium ascorbate, magnesium ascorbate and potassium ascorbate)	
calcium (from calcium ascorbate) .....	387 mg
magnesium (from magnesium ascorbate).....	216 mg
potassium (from potassium ascorbate).....	66 mg

**1/4 to 1/2 tsp. or more as needed.**

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.