



Your Health, Your Well Being

Vitamin C
Anti-Oxidants

August 2015

Sustained Release and Chewable Vita-C



Two hundred-odd years ago, all sailors knew that half of every seagoing crew would die before reaching land again--not from shipwreck or at the hands of pirates, but from a dread disease called scurvy. Many years later it was discovered that scurvy is caused by a deficiency of vitamin C. Today we know that vitamin C is vital for many functions in the body:

- Vitamin C is important for tissue healing. Patients with peptic ulcers will heal faster if given extra vitamin C.
- Vitamin C is a powerful antioxidant, protecting other nutrients such as A, E and several B vitamins.
- It is needed for proper functioning of the immune system in its fight against both viral and bacterial infections. Phagocytes (white blood cells that destroy bacteria) will not be active without adequate levels of vitamin C.
- Probably the most important function of vitamin C is building collagen, the glue-like protein substance that binds the cells together. Collagen keeps cells in proper relationship to one another in a natural formation of firmly-walled tissue. Our immune system depends on our ability to regenerate collagen fast enough to resist disease. Collagen formation also keeps our capillary blood vessels healthy, as well as bones and connective tissues.
- Strong, healthy teeth are the result of vitamin C working with calcium, phosphorus and other nutrients, especially during childhood when the dentin is being formed. Vitamin C is also important in maintaining healthy gum tissues.
- Vitamin C helps the body absorb iron and calcium more easily.
- With other nutrients, vitamin C helps to build red blood cells and form hemoglobin.

- Vitamin C plays a part in maintaining the health of the central nervous system.
- It is a natural antihistamine.
- Recent studies indicate vitamin C contains substances which inhibit the growth of cancer cells. It may also provide protection against the stress of surgery, chemotherapy, or radiation therapy.
- Vitamin C is an antioxidant that can help people with low back pain and arthritis. (antioxidants help neutralize the damaging effects of free radical compounds found in pollution, smoke, and lots of other places)

Lifestyle factors increase the need for vitamin C. Any kind of stress to the body increases its need. These stresses include anxiety, injury, infections, burns, surgery, fatigue, pollution, the use of drugs (especially birth control pills), alcohol and nicotine. Even exercise increases the need for vitamin C.

But because vitamin C is water soluble, it is easily destroyed by heat, cooking, and extended storage. Apples lose over 50% of their vitamin C content in storage, while a study of several thousand oranges found the amount of C per orange varied as much as 400%. Fruits harvested "green" do not contain the vitamin content of tree-ripened fruit. That's one of the reasons it's important to take supplemental vitamin C--to be sure you're getting enough of this critical vitamin. The late Nobel Laureate Dr. Linus Pauling took 10,000 mg. per day (he probably could have taken less if Shaklee had been around, since Shaklee's complex of vitamin C absorbs so much better than other vitamin C products on the market), and he lived to the ripe old age of 93.

Sustained Release Vita-C



Shaklee's 500 mg Sustained Release Vita-C is a complex formulated with layers of pure, protective vitamin C and the natural factors such as bioflavonoids that are found with it and work together with it, alternating with layers of natural gums and waxes from plants and fresh fruits--not the artificial substances that many other manufacturers use for their time-release formulations. Each layer absorbs moisture, swells and dissolves within the normal digestive process, releasing 100 mg. of vitamin C every hour for over 5 hours. Each tablet contains the amount of vitamin C contained in seven and a half oranges.

Chewable Vita-C

Shaklee's 100 mg. Chewable Vita-C tablets are a special blend of ascorbic acid and other natural ingredients like grapefruit oil and premium quality rose hips, guaranteeing a supplement with all the naturally associated food factors, including bioflavonoids. It's naturally sweet and tangy flavor appeals to all ages. They taste like Sweet Tarts! (we chew them with the Defend & Resist to make them taste like purple Sweet Tarts) They're great for children, and anyone who prefers to chew supplements. Just one 100 mg. chewable tablet has the amount of vitamin C equivalent to one and a half oranges.



"The research literature contains numerous reports which suggest that natural vitamin C, for example, has been found to be more effective than synthetic ascorbic acid. This fact has been recognized for a long time. In 1954, for example, it was reported that cases of scurvy failed to respond to doses of synthetic vitamin C. A cure was effected when individuals suffering from scurvy were given a natural food substance containing vitamin C."

100 Years of Innovation - Sustained Release Vita-C

Vitamin C is a really important vitamin. They all are, obviously, but because C acts as a protector for other vitamins, and because it is used by so many parts of the body, it is often thought of as a vitamin a bit ahead of the other vitamins. It is water-soluble, which means it cannot be stored by the body, and its usefulness diminishes quickly in the bloodstream. We need a continual supply (or at least, as continual as possible) to maximize its effects. Taking, say, 3 grams all at once doesn't provide a lot more benefit than taking 200 mg. under normal circumstances. The body can only use so much, and it doesn't have anywhere to "stick it for later." It also can be absorbed throughout the entire digestive system quite readily.

When Shaklee thought about all that, they realized that if there were some way to keep vitamin C available throughout the entire digestive tract, so that it wasn't all absorbed immediately, the body could maximize its utilization of the vitamin. So they began working on a solution that was worthy to carry the Shaklee name. Other scientists had come to the same realization and had begun marketing "timed release" vitamin C that relied on, primarily, shellac-yes, that shellac-to keep the tablet from dissolving too soon. (shellac has no RDA, FYI ☺)

Shaklee's innovative solution was to create a combination of natural, safe gums and waxes to slow the release of the vitamin C and allow it to be absorbed throughout the system. It allowed them to include 500 mg. of natural, fully potent vitamin C in each tablet. As it descends through the digestive tract, it continually releases vitamin C, so the body has an ongoing, ready supply of this crucial nutrient for a full 5 hours-from one tablet!. Their sustained release (rather than timed release) solution was so innovative back in 1981, when it was first released, that it is still the gold standard for safe, effective vitamin C absorption today, almost 35 years later.

Antioxidants and Free Radicals



In the "What's New" part of the newsletter, there's a brief discussion of free radicals and how important antioxidants are in dealing with them. We've probably all heard of free radicals (which have nothing to do with a bunch of hippies being released from prison), but what are they really? And why are they bad? Here's an elementary explanation...

Lots and lots of the biochemical reactions that take place in our bodies (in all of nature, really) involve transferring electrons from one molecule to another. It sounds like a really small thing, but at the most basic level, it is a huge part of life. So electrons get swapped back and forth-often really

quickly (we're talking many times per second)-and the processes necessary for life itself get carried out. That's all good.

But in the swapping, sometimes molecules are created that are short an electron and simply have to have a replacement-NOW. They're really unstable. They aren't designed to be able to function when they are short an electron. So they aggressively go to the nearest molecule and steal one, and they return to a state of stability. But there are molecules in the body that really are not designed to be in the electron-swapping business (our DNA, for example). So if the free radical has stolen an electron from a molecule that is not designed to be a donor, it has created a problem. Perhaps that new electron-deprived molecule becomes a free radical itself and simply steals an electron from some other molecule. Or perhaps it's not a really aggressive molecule, and it doesn't steal from elsewhere, but instead it is now functioning sub-optimally. Or perhaps it's not functioning at all. You can see the problem. And some free radicals steal many more than one electron, so the effect can multiply.

Antioxidants are molecules that are able to donate electrons and still remain stable themselves. They can stop the negative electron-stealing cascade and prevent more damage from being done. But they have to be in our systems and available to make that happen. Thus, you can see the importance of antioxidant supplementation. Since we tend to eat diets that are not rich in antioxidants (yes, they're primarily in fruits and veggies), supplementation is the simplest way to insure that the free radicals in our bodies don't get out of control.

Closing Thoughts

"Sow the seeds of happiness in others, and you will reap a joyful harvest."

~Dr. Forrest C. Shaklee Sr. , Thoughtsmanship

Contact Info

Anke Johnson

608-467-0008

coachanke@gmail.com

www.anke.myshaklee.com Shaklee Main Page

www.naturalsolutionsbyanke.com Health and Life Coaching

www.de-spookyou.com Online Equestrian Confidence Coaching

www.WhyIRideHorses.com Blog

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