

C Plus

Vitamin C with bioflavonoids

1760 – 90 vegetarian capsules

The Possible Benefits of C Plus, a Dietary Supplement

- This formula combines ascorbic acid, ascorbyl palmitate and bioflavonoids for the best vitamin C protection and health-promoting effects.

Description

Ascorbic Acid and Ascorbyl Palmitate Compared

Although ascorbyl palmitate, the fat-soluble form of vitamin C, has been utilized in nutritional supplements for more than a decade, very little research has been conducted to determine the bioavailability of ascorbyl palmitate as a source of vitamin C. Now, new light has been placed on ascorbic acid's fat-soluble brother. A recent study has examined the effect of ascorbyl palmitate supplementation on plasma and urine levels of vitamin C in humans. In this case, ascorbyl palmitate was compared with water-soluble ascorbic acid. They examined the effects of both a single dose and two-week supplementation (2 grams of vitamin C) of both ascorbic acid and ascorbyl palmitate on plasma and urine levels of vitamin C. After a single two-gram dose, ascorbyl palmitate did not appear in the plasma vitamin C pool as rapidly as ascorbic acid, and this amounted to a 20% difference in the eight-hour, post-dose period. By 24 hours after a single dose, plasma vitamin C values were similar for both forms of vitamin C.



Following 2 weeks of supplementation at 2 grams daily, plasma vitamin C levels were slightly higher for ascorbyl palmitate as compared to ascorbic acid. Mean 24-hour urinary excretion, however, was 33% LOWER following ascorbyl palmitate supplementation, indicating better utilization of ascorbyl palmitate. These results led the authors to conclude that ascorbyl palmitate, can be considered an effective source of plasma vitamin C in man and, compared to water-soluble ascorbic acid, may be less easily lost in urine.

Interestingly, these authors also referenced research that compared ascorbic acid and ascorbyl palmitate as antitumor agents in animals. Not only was ascorbyl palmitate more than 30 times more potent than ascorbic acid as a topical antitumor promoter, but ascorbyl palmitate was effective when added to the diet while ascorbic acid was not. Surprisingly, the antioxidant activity of ascorbyl palmitate did not seem to be responsible for its antitumor activity. Thus it appears that ascorbyl palmitate supplementation is complimentary to traditional ascorbic acid supplementation, both as a source of vitamin C and for its potentially unique properties.

Based on this research, we would have to agree with the authors conclusion that ascorbyl palmitate should be used more extensively in the food industry as a source of vitamin C as well as a preservative. Not only is it a stable source of vitamin C that would improve the nutritional value of food, but it is also an excellent antioxidant that would help prevent oxidation and improve product shelf life.

Reference

C.S. Johnston, W.C. Monte, R.S. Bolton, et al. Nutrition Research. 1994; 14: 1465-1471.

* As per US federal guidelines, we need to inform you that these statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.