



# NSIPM & Sano Wellness Center

## 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.
- Lowers oxidation stress in diabetes.
- 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.**

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