

CALCIUM ASCORBATE

Ingredient Name

Calcium Ascorbate

Common Names

Vitamin C

Description

Dietary factor that must be present in the diet of man to prevent scurvy. It cures scurvy and increases resistance to infection. Ascorbic acid acts as an oxidation-reduction catalyst in the cell. Natural juice forms should not be exposed to air for more than a few minutes before use.

People at risk

Vitamin C deficiency include those who avoid fruit and vegetables, those with poor cooking practices, the elderly, alcohol abusers and cigarette smokers.

Vitamin C intake

Recommendations about vitamin C intake were first concerned with the prevention of scurvy. Recommended intakes of about 30 milligrams per day do not usually saturate the body tissues with vitamin C and, indeed, this may not be necessary. But to saturate body tissues, no more than 100 to 130 mg per day are required. With intakes above this, our bodies adapt by increasing breakdown of vitamin C or excreting it in the urine. From a mixed diet it would be difficult to have more than about 400 to 500 mg of vitamin C per day.

It has been suggested that daily intakes of vitamin c in excess of 500 mg may be of benefit. There is some evidence that amounts of this kind may reduce the symptoms of the common cold. This raises the question of non-nutritional or drug-like properties of the vitamin. The possible adverse effects must also be considered. These include; rebound scurvy, which may occur if you are coming off high-dosage vitamin C, increased excretion of oxalic acid in the urine which may lead to stones in the urinary tract, an increased absorption of iron in those susceptible to iron overload, increased absorption of toxic metals, such as mercury, and interactions with certain medications for example warfarin, aspirin, antidepressants and the contraceptive pill.

References

The healthy Eating Healthy Living Program (Monash Uni), The better health Channel is part of theDepartment of Human Services, Victoria.

melbourne food ingredient depot
www.mfcd.net

Quality food ingredients in small quantities

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