

LiveIt!

Nutritional Lessons



Vitamin C is a Complex

LiveIt! Lifestyle Lesson 14

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“ Vitamins are complexes, they are parts of enzyme systems – Like a watch which is a timekeeping mechanism – it is functional, organic, interactive – a watch is not a hunk of brass – Vitamin C is not ascorbic acid – it is more – it is complex – organic – functional – whole, not inorganic chemical parts.”

*From the Pen of Dr. Royal Lee (1895-1967)
Inventor, Scientist, Genius, Founder of Standard Process, Inc.*

Are You Really Taking Vitamin C Complex?

Ask a friend if they take vitamins and they are likely to answer,

“Sure, I take Vitamin C, when I think I am getting a cold.”

But are they actually taking a complete “Vitamin C,” and why does it matter?

Aren't all “Vitamin C” products the same?



The complete Vitamin C-Complex has many actions within our bodies—fighting infection, building tissues, regulating inflammation, preventing cancer and heart disease^{1, 2} —to name a few!

But are you, your family and friends taking true Vitamin C-Complex? Or are you merely taking a large dose of a partial factor of the HealthBuilding Vitamin C Complex—**ascorbic acid**?

Read the labels in any market or drugstore and you might think that ascorbic acid IS Vitamin C, and that Vitamin C is nothing more than ascorbic acid. But this is far from the truth.

Even Albert Szent-Gyorgyi, MD, PhD (1893-1986), the Nobel Prize winner who “discovered” ascorbic acid, believed very soon thereafter that ascorbic acid in a whole food form was the true beneficial health factor, not ascorbic acid alone.³

What is Vitamin C-Complex, anyway?? Vitamin C-Complex is not merely ascorbic acid!

Ascorbic acid is only part of the Vitamin C-Complex! Let's learn more.

True Vitamin C-Complex is a whole food complex made up of Vitamin C (ascorbic acid) and Vitamin P (bio-

flavonoids). Like all vitamin complexes, Vitamin C-Complex is an example of a working mechanism which **only functions effectively when all the parts are present.**³

What are the parts of the Vitamin C-Complex? They are:

- ✓ **Ascorbic acid**, (commonly known as Vitamin C), an antioxidant which protects from free radical damage.
- ✓ **Bioflavonoids**, (sometimes called Vitamin P), the vascular fragility factors.

Most people who think they are taking “Vitamin C” are actually taking only ascorbic acid. Although ascorbic acid is found in wholesome foods, the ascorbic acid typically found in “health food stores” and drug stores is a synthetic chemical manufactured from corn syrup (sugar) and sulfuric acid. Remember, ascorbic acid found in nature is just one part of the Vitamin C-Complex.

Nature intended your body to only use very small amounts of organic ascorbic acid. MORE IS NOT BETTER.

Surplus ascorbic acid must be eliminated through the kidneys, putting unnecessary strain on these vital

organs. Surplus ascorbic acid also upsets the balance of trace minerals in the body. One could say that high doses of ascorbic acid are toxic to your body. Ascorbic acid that is out of balance with organic factors found in nature is not a healthy way to get our HealthBuilding Nutritional Essentials.

Let's take a deeper look at some of the HealthBuilding factors the organic, whole food Vitamin C-Complex provides:

Bioflavonoids, (the vascular fragility factor), sometimes known as Vitamin P. Vitamin P increases capillary strength and decreases the risk of bleeding. Bruising, broken blood vessels, bleeding gums are all improved with healthful bioflavonoids, and bones, cartilage, ligaments and tendons are all strengthened, preventing injury and speeding the healing process. There are nearly 4000 different bioflavonoids—some of the most well-known are rutin, quercetin, citrin and hesperidin.

Bioflavonoids are also known to decrease the risk of developing cancer^{1, 2}, but only when consumed as whole foods.

Our Bodies Need More than Ascorbic Acid!

Bioflavonoids are true nutritional essentials that cannot be manufactured by the human body. They must be obtained from fresh fruits, vegetables and whole food concentrates high in the Vitamin C-Complex.

Research has consistently shown that when nutrients are consumed as the complete “biological action package” present in whole foods, true health benefits are achieved. In fact, Vitamin C cannot be effectively utilized without bioflavonoids being present in your foods. (See Interesting Facts about Vitamin C on this page.)

Prevent Heart Attacks and Strokes with Vitamin C-Complex. Vitamin C found in the form of whole foods like fruit and vegetables have long been known to lower the risk of heart attack. Oxidation and inflammation of plaques deposited in the coronary arteries are triggers for many heart attacks. Components of the Vitamin C-Complex decrease oxidation of lipids and control inflammation, thus reducing the risk of heart attacks and strokes.

We Need More than Ascorbic Acid

As you can see, when we eat an orange or other whole food high in the Vitamin C-Complex we are benefiting from so much more than ascorbic acid.

Research has shown that the maximum health benefits are derived from consumption of 800 grams of fruit and vegetables daily. Yet only a very small percentage of individuals eat the recommended 5-9 servings of fruit and vegetables daily. How to make up the difference? Whole food concentrates are the answer to getting your Vitamin C-Complex HealthBuilding factors consistently and conveniently. As you have learned – Vitamin C-Complex is a Nutritional Essential.

Ask me which of these Standard Process supplements would benefit you and your family!

Cataplex C—introduced in 1934, the vitamin C complex, found in Cataplex C, is an important antioxidant and has long been recognized as an important nutritional compound essential for supporting the immune, cardiovascular, endocrine, musculoskeletal, and blood building systems. Cataplex C combines the benefits of more than 19 different whole foods high in Vitamin C Complex HealthBuilding factors.†

Cyruta Plus—introduced in 1950, Cyruta Plus carries several important factors; one of which is the vitamin P complex (bioflavonoids), where rutin and quercetin are members. These factors help maintain the integrity of the capillary walls. They are vital in their ability to increase the strength of the capillaries and regulate permeability and health of the cells.†

Cataplex A-C-P—introduced in 1956, Cataplex A-C-P combines the vitamin complexes of A and C with the vitamin P complex. The vitamin P complex, a bioflavonoid sometimes known as rutin, is essential for the successful absorption of vitamins A and C, the healthy function of capillaries and connective tissues, and immune system support.†

† 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. They are to support your health.

INTERESTING FACTS ABOUT VITAMIN C

The Noble Prize and Dr. Royal Lee

Noble Prize Winner (for discovering ascorbic acid) Albert Szent-Gyorgyi, MD, PhD (1893-1986) is also credited with discovering bioflavonoids in 1935.

By 1934, Dr. Royal Lee, the founder of Standard Process, Inc. had already combined the benefits of Vitamin C with Bioflavonoids in the HealthBuilding complex known as Cataplex C.

Dr. Szent-Gyorgyi discovered bioflavonoids in trying to help a patient with subcutaneous capillary bleeding. He had success with whole food “Vitamin C” with “vitamin P” included but **the “pure” ascorbic acid had no effect!** [Nature 138:798;1936, Nature 137:27;1936]

What Did You Learn?

Vitamin C-Complex is a whole food complex made up of Vitamin C (ascorbic acid), Vitamin P (bioflavonoids) and more! **True False**

Bioflavonoids cannot be manufactured by the human body and must be obtained from fresh fruits, vegetables and whole food concentrates high in the Vitamin C-Complex. **True False**

Like all vitamin complexes, Vitamin C-Complex is an example of a working mechanism which only functions effectively when all the parts are present.³ **True False**

Whole food concentrates are the answer to getting your Vitamin C-Complex HealthBuilding factors consistently and conveniently. **True False**

- 1 Am J Med. 2002 Dec 30;113 Suppl 9B:71S-88S - *Bioactive compounds in foods: their role in the prevention of cardiovascular disease and cancer.* Penn State University.
- 2 Med Res Rev. 2003 Jul;23(4):519-34. *Flavonoids: promising anticancer agents.* Shanxi Medical University, China.
- 3 Nature 138:798;1936, Nature 137:27;1936

This LiveIt! Lifestyle Lesson is brought to you by:

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