

Nutricheck



Vitamin/Mineral Symptom Guide

Vitamin C (Ascorbic Acid)

Please Note: This *Vitamin C (Ascorbic Acid) Symptom Check* is not intended to be a recommendation for self-medication, or to replace medical services.

VITAMIN C(ASCORBIC ACID)/BIOFLAVONOIDS

USE ONLY UNDER THE GUIDANCE OF A HEALTH PRACTITIONER

VITAMIN C (ASCORBIC ACID)

The following symptoms and signs have been associated with a deficiency of Ascorbic Acid (Vit C):

Acute Scurvy:

Sallow or muddy complexion, loss of vigor, lassitude, easily tired, impaired exercise tolerance, breathlessness, loss of appetite, anaemia, easy bruising, fleeting pains in joints and limbs (especially in legs).

Chronic Scurvy:

Sore gums, congested and spongy gums, bleeding gums, spontaneous bleeding, petechiae and ecchymoses in skin, haemorrhages around hair follicles (especially on thighs), bruised and swollen eyelids, blood in urine.

Severe Late-stage Scurvy:

Dingy and brown complexion, spongy and bleeding gums, pyorrhoea, halitosis, loss of teeth, atrophy and dissolution of jawbone, severe weakness, palpitations and dyspnoea with mild exertion, poor wound healing, skin atrophy, dissolution of old wounds, brittle bones, osteopenia, impaired immunity: severe infections, pneumonia and sudden collapse and death, mental symptoms(at all stages), fatigue, listlessness, lassitude, confusion, depression, facial expression usually haggard, frowning and 'pained', with careworn knitted brow.

Supplemental Dosage:

1000 to 2000 mg daily (RDA: 30-40 mg/day). If a smoker -minimum of 2 g (2000 mg) daily.

Rich Natural Sources:

Citrus fruit, green vegetables, tomatoes, berries, peppers, cauliflower, broccoli, parsley.

Therapeutic Dosage:

Acute viral illness (colds, flu etc) -up to 16 gm/day. Sudden stress (infections, wounds, burns etc) -up to 16 gm/day. Higher doses up to 'bowel tolerance' may be used by practitioners.

Signs of Toxicity:

Bowel irritability with flatulence and diarrhoea, increased urinary oxalate excretion with loin pain and kidney-stone formation, possible increased aluminium absorption, sudden stoppage of Vit C supplements may cause rebound scurvy.

BIOFLAVONOIDS (VITAMIN P COMPLEX)

Deficiency of Bioflavonoids may be associated with the following clinical signs and symptoms:

No specific deficiency symptoms or signs have been noted. Easy bruising may be a possible indication.

Rich Natural Sources:

Citrus fruit, apricots, cherries, grapes, green peppers, tomato, papaya, cantaloupe, broccoli.

Therapeutic Usage:

Bioflavonoids have been found to act as potent anti-oxidants, anti-inflammatory agents, and modulators of prostaglandin metabolism. As such, they are therapeutically useful for: Swelling, bruising and pain with trauma, symptoms related to varicose veins and haemorrhoids, inflammatory conditions such as arthritis and asthma, recurrent nosebleeds, bleeding gums and easy bruising, menorrhagia, and threatened miscarriage.

Signs of Toxicity:

Nausea, itching and rash in flavone-sensitive persons.

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