

ASCORBIC ACID

Ascorbic acid or **vitamin C** is an acid (from the chemical point of view) and is classified as a vitamin (from the physiological point of view).

In our bodies, the effects of vitamin C are exhibited in many ways. It maintains the performance of the brain and gives us a good mood. It is a powerful antioxidant; it prevents inflammation, and ensures skin tightness and muscle strength. It stimulates the formation of muscles, bones and teeth, and helps build cartilages and tendons. It equips our cells to combat viruses and bacteria, and protects the body against cold, increases the production of collagen, and improves wound healing. Vitamin C increases the uptake of iron from food, eliminates heavy metals from our bodies, and ensures overall detoxification. It is an essential prerequisite for the optimal functions of our immune system. It protects organs and tissues, particularly the central

nervous system, from the effects of free radicals, and thus vitamin C has an anti-ageing effect. It is important in the metabolism of hydrocarbons and fats, and it participates in the synthesis of hormones and the production of red blood cells. It increases resistance to stress and helps correct metabolic disorders in diabetes. It prevents the formation of carcinogenic substances and the release of histamine in allergic reactions. It prevents the clouding of the eye lens and thus cataract formation. It provides increased fat burning to obtain energy through carnitine synthesis, so people become slimmer, stronger, and get into shape.

When is treatment with high dose intravenous vitamin C appropriate?

- stress, increased physical activity and mental stress, mental disorders (burnout syndrome, depression, anxiety disorder,

insomnia), recurrent infection (influenza, angina, cold, cough, herpes, chlamydial infection), chronic fatigue syndrome, allergies, autoimmune diseases (rheumatoid arthritis, intestinal inflammation), borreliosis, cancer, migraine, and as support for wound healing after surgery.

Safety of treatment

Vitamin C is a safe substance for the organism, and from which it is impossible to overdose. The body takes only as much as it requires and according to actual needs; the rest is eliminated in the stool and urine. Kidney function should be checked prior to the administration of high doses of vitamin C due to the risk of kidney stone formation when kidney function is reduced. Adequate body hydration is an essential part of the treatment. Vitamin C should not be taken by patients with iron metabolism disorders.



150,000 doses were administered in Slovakia with no adverse effects recorded.