



## Vitamin C (Ascorbic Acid)

### Overview

Ascorbic acid, also known as vitamin C, is an antioxidant that plays an important role in the body: it protects the body's cells from damage. It is also necessary to maintain the health of skin, teeth, bone, cartilage, and blood vessels. Studies have shown that it may help brain function in people with cognitive impairments such as Alzheimer's disease and dementia. Without the proper amount of ascorbic acid, people are at risk for cardiovascular illness, compromised immune systems, premature aging, increased stress response, and low energy. Ascorbic acid is found in foods such as citrus fruits, kiwi, broccoli, tomatoes, leafy vegetables, potatoes, brussels sprouts, raw bell peppers, and strawberries. Most people get sufficient ascorbic acid through their diet. Others may not be able to absorb enough through diet or ingestible supplements. In these cases, injections may be prescribed.

### Other Uses

Ascorbic acid is one of many antioxidants that can protect against damage caused by harmful molecules, such as free radicals, toxic chemicals, or pollutants like cigarette smoke. Free radicals can build up and contribute to the development of health conditions such as cancer, heart disease, and arthritis. Ascorbic acid may also benefit patients with colds, macular degeneration, inflammation, skin aging, and those who have suffered from a stroke.

### Side Effects

Some side effects may occur that usually do not need medical attention. These side effects may go away during treatment as your body adjusts to the medicine. For example, dizziness, headache, nausea, feeling of warmth, pain and swelling at the injection site, redness of the face, neck, arms and occasionally, upper chest, temporary faintness or unusual drowsiness, dullness, tiredness, weakness, or feeling of sluggishness.

Although not all of these side effects may occur, check with your doctor or nurse immediately if any of the following side effects occur: back pain, dark urine, decreased urination, fever, stomach pain or yellow eye/skin.