



Perfect C Complex (4oz)

Perfect C is a high potency Vitamin C Powder. Linus Pauling, a two-time Noble Prize Winner, thought that large doses of Vitamin C were the key to controlling a number of problems that plague modern times. We agree with his assessment and even some modern medical Doctors are using Mega Doses of Vitamin C to treat Cancer. We feel that this high potency Vitamin C is a must for optimum health and wellness especially in this time of unprecedented pollution in our food, water and air.

The Benefits of Vitamin C

Vitamin C is one of the safest and most effective nutrients, experts say. It may not be the cure for the common cold (though it's thought to help prevent more serious complications). But the benefits of vitamin C may include protection against immune system deficiencies, cardiovascular disease, prenatal health problems, eye disease, and even skin wrinkling.

A recent study published in *Seminars in Preventive and Alternative Medicine* that looked at over 100 studies over 10 years revealed a growing list of benefits of vitamin C.

"Vitamin C has received a great deal of attention, and with good reason. Higher blood levels of vitamin C may be the ideal nutrition marker for overall health," says study researcher Mark Moyad, MD, MPH, of the University of Michigan. "The more we study vitamin C, the better our understanding of how diverse it is in protecting our health, from cardiovascular, cancer, stroke, eye health [and] immunity to living longer."

"But," Moyad notes, "the ideal dosage may be higher than the recommended dietary allowance."

How Much Vitamin C Is Enough?

Most of the studies Moyad and his colleagues examined used 500 daily milligrams of vitamin C to achieve health results. That's much higher than the RDA of 75-90 milligrams a day for adults. So unless you can eat plenty of fruits and vegetables, you may need to take a dietary supplement of vitamin C to gain all the benefits, Moyad says. He suggests taking 500 milligrams a day, in addition to eating five servings of fruits and vegetables.

"It is just not practical for most people to consume the required servings of fruits and vegetables needed on a consistent basis, whereas taking a once-daily supplement is safe, effective, and easy to do," Moyad says. He also notes that only 10% to 20% of adults get the recommended nine servings of fruits and vegetables daily.

Moyad says there is no real downside to taking a 500-milligram supplement, except that some types may irritate the stomach. That's why he recommends taking a non-acidic, buffered form of the vitamin. "The safe upper limit for vitamin C is 2,000 milligrams a day, and there is a great track record with strong evidence that taking 500 milligrams daily is safe," he says.

Vitamin C's Role in the Body

Vitamin C, also known as ascorbic acid, is necessary for the growth, development and repair of all body tissues. It's involved in many body functions, including formation of collagen, absorption of iron, the immune system, wound healing, and the maintenance of cartilage, bones, and teeth.

Vitamin C is one of many antioxidants that can protect against damage caused by harmful molecules called free radicals, as well as toxic chemicals and pollutants like cigarette smoke. Free radicals can build up and contribute to the development of health conditions such as cancer, heart disease, and arthritis.

Vitamin C is not stored in the body (excess amounts are excreted), so overdose is not a concern. But it's still important not to exceed the safe upper limit of 2,000 milligrams a day to avoid stomach upset and diarrhea.

Water-soluble vitamins must be continuously supplied in the diet to maintain healthy levels. Eat vitamin-C-rich fruits and vegetables raw, or cook them with minimal water so you don't lose some of the water-soluble vitamin in the cooking water.

Vitamin C is easily absorbed both in food and in pill form, and it can enhance the absorption of iron when the two are eaten together.

Deficiency of vitamin C is relatively rare, and primarily seen in malnourished adults. In extreme cases, it can lead to scurvy -- characterized by weakness, anemia, bruising, bleeding, and loose teeth.

Vitamin C and the Treatment of Cancer

Vitamin C, or ascorbic acid, is a potent water-soluble antioxidant in humans. The body cannot form this vitamin, therefore, it has to be ingested for survival.

Studies in the 1970's and 1980's by Nobel prize laureate Linus Pauling and colleagues suggested that very large doses of vitamin C were helpful in increasing the survival time and improving the quality of life of terminal cancer patients.

Only recently, in 2006, researchers at the U.S. National Institutes of Health published an article in the peer-reviewed *Canadian Medical Association Journal* that called for a reassessment of the effectiveness of vitamin C as a cancer treatment.

Vitamin C treatment is currently still considered an alternative medicine. Lead researcher Sebastian J. Padayatty found high concentrations of vitamin C to be toxic to cancer cells, but not to healthy cells.

In the August 4–8, 2008 issue of the *Proceedings of the National Academy of Sciences*, researcher and co-author of the study, Mark Levine, M.D., chief of the U.S. National Institutes of Health's Molecular and Clinical Nutritional Section, found that intravenous vitamin C produced hydrogen peroxide, which proceeded to reduce cancerous tumors in mice by 43 to 51 %.

The test mice had ovarian, pancreatic and brain cancer. According to the researchers it is possible to intravenously boost levels of vitamin C in humans to the levels used in the mice. The results also indicate that at pharmacologic levels, vitamin C elicits hydrogen peroxide-dependent cytotoxicity only toward cancer cells, leaving normal cells unscathed. [Proc Natl Acad Sci USA 2008.]

These statements have been taken all or in part from; Perfect Health for Life website, Integrative Immuno-Oncology website and WebMD website.

Perfect C Complex Usage:

First Week:

Take 1/8 teaspoon of Perfect C Complex powder in a small amount of water or juice, (the juice must be juice only, no sugar added).

Second Week:

Take 1/4 teaspoon of Perfect C Complex powder in a small amount of water or juice, (the juice must be juice only, no sugar added).

Third Week:

Take 1/2 teaspoon of Perfect C Complex powder in a small amount of water or juice, (the juice must be juice only, no sugar added).

Slowly increase dosage until you reach 1 teaspoon 2 times a day. This may take up to 4 to 6 weeks depending on your reaction. If at any time you experience intestinal discomfort or diarrhea back off to a lower dose for a couple of days and then move back up slowly.

Maintain 2 teaspoons daily

If you have any questions please contact Customer Service at Perfect Health For Life, 888-448-2818.