

## WHAT IS VITAMIN C

Vitamin C, also known as ascorbic acid and L-ascorbic acid, is a vitamin found in various foods and sold as a dietary supplement. It is used to prevent and treat scurvy. Vitamin C is an essential nutrient involved in the repair of tissue and the enzymatic production of certain neurotransmitters.

## TYPES OF VITAMIN C

- Natural vs. synthetic ascorbic acid. ...
- Different forms of ascorbic acid. ...
- Mineral ascorbates. ...
- Vitamin C with bioflavonoids. ...
- Ascorbate and vitamin C metabolites (Ester-C<sup>®</sup>) ...
- Ascorbyl palmitate. ...
- D-Isoascorbic acid (Erythorbic acid) ...
- Other formulations of vitamin C.

## REASONS OF VITAMIN C

Chronic Inflammation and Oxidative Stress. Vitamin C is one of the body's most important water-soluble antioxidants. It helps prevent cellular damage by neutralizing free radicals that can cause oxidative stress and inflammation in the body.

## SYMPTOMS OF VITAMIN C

1. Rough, Bumpy Skin
2. Corkscrew-Shaped Body Hair
3. Bright Red Hair Follicles
4. Spoon-Shaped Fingernails With Red Spots or Lines
5. Dry, Damaged Skin
6. Easy Bruising
7. Slowly Healing Wounds
8. Painful, Swollen Joints
9. Weak Bones
10. Bleeding Gums and Tooth Loss
11. Poor Immunity
12. Persistent Iron Deficiency Anemia
13. Fatigue and Poor Mood
14. Unexplained Weight Gain
15. Chronic Inflammation and Oxidative Stress

## NEUROTHERAPY TREATMENT

Normal - Ajay Normal formula