

## Buffered Vitamin C Powder

454 grams | Item # 00084

Vitamin C for sensitive stomachs



4.9

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Our Buffered Vitamin C Powder contains four buffering minerals that, when mixed with water, is non-irritating to the stomach and intestinal lining.

Gluten free | Non-GMO | Vegetarian

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#### Overview

#### What Is Buffered Vitamin C Powder?

Getting enough vitamin C is vitally important for optimal health. This nutrient supports your immune system and helps maintain a healthy heart. In fact, studies have shown that people with higher vitamin C levels are more likely to live longer, healthier lives.

*Vitamin C (ascorbic acid) is an important antioxidant that provides cellular protection throughout the body.*

#### Buffered Vitamin C Powder Benefits

- Provides a powerful antioxidant
- Supports your immune system

- Helps maintain a healthy heart
  - Protects tissues from oxidative stress
  - Vital cofactor to collagen formation
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### For Sensitive Digestive Systems

It can be a challenge to ingest higher amounts of vitamin C for those who have a sensitive digestive system. Our Buffered Vitamin C Powder formula addresses this concern head on by including buffering minerals to help avoid irritation to the stomach and intestinal lining.

### Life Extension - Why We Do It?

#### The Best Supplements Science Can Offer

When putting something in your body, you should be confident that you're getting the nutritional benefits your body deserves. We've been delivering high-quality, science-backed supplements for more than 40 years.

#### What Matters to You, Matters to Us

We're committed to empowering you to live a healthier life. Whether it's finding sustainable partners for our ingredients or funding the latest anti-aging research, we're all about your health & wellness.

#### Highly Recommended

98% of our customers recommend us to family and friends. We're very proud of that because our loved ones matter to us—and we're willing to bet you feel the same way.

#### Product Transparency

40 years of research dedicated to bringing you premium, scientifically-validated formulations.

### Product Details

Vitamin C, or ascorbic acid, is a white, crystalline, water-soluble substance found in citrus fruits. As an antioxidant, vitamin C scavenges free radicals in the body and protects tissues from oxidative stress. Vitamin C also promotes the absorption of iron, while inhibiting its oxidation. Vitamin C is a vital cofactor to the formation of collagen, the connective tissue that supports arterial walls, skin, bones and teeth.<sup>1</sup>

#### Vitamin C needed when stress hits

More vitamin C is contained in the adrenal glands than any other organ in the body and is required at higher levels during times of stress.<sup>2</sup> Physical stresses may also increase the need for vitamin C.<sup>3,4</sup>

Our Buffered Vitamin C Powder contains four buffering minerals, in addition to ascorbic acid. When mixed with water, it produces a reduced-acid solution that is non-irritating to the stomach and intestinal lining. The minerals also make it a more pleasant-tasting and healthful drink. The substances used in this product make it effervesce for a short while when it's mixed with water.

**These statements have not been evaluated by the Food and Drug Administration.  
These products are not intended to diagnose, treat, cure, or prevent any disease.**

### Supplement Facts

Serving Size 1 rounded teaspoon (approximately 5.4 g)

Servings Per Container about 84

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#### Amount Per Serving

Vitamin C (as ascorbic acid)	4000 mg
Calcium (as calcium carbonate)	145 mg
Magnesium (as magnesium carbonate)	55 mg
Zinc (as zinc gluconate)	2 mg
Potassium (as potassium carbonate)	365 mg

Other ingredients: none.

Non-GMO

### Dosage and Use

- Mix one (1) teaspoon of Buffered Vitamin C Powder into a glass of water.
- Wait for the fizz to stop before consuming.
- The minerals buffer out the normally acidic vitamin C to make a pleasant tasting drink.
- To ensure product consistency store tightly closed in a cool, dry place.

### Caution

High-dose ascorbic acid may cause diarrhea or gastric upset. If this occurs, lower the dose. Those prone to calcium oxalate kidney stones should consult their doctor before using this product.

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### Warnings

- KEEP OUT OF REACH OF CHILDREN
- DO NOT EXCEED RECOMMENDED DOSE
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

To report a serious adverse event or obtain product information, contact 1-866-280-2852.

### References

1. Data on file.
2. *Crit Care*. 2019;23(1):29.
3. *Int J Mol Sci*. 2015;16(12):29592-630.
4. *Excli j*. 2018;17:452-466.

### More Info

### Company

### Resources

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\*Ratings based on results of the 2025 ConsumerLab.com Survey of Supplement Users. Multivitamin rating based on results of the 2024 ConsumerLab.com Survey of Supplement Users. For more information, visit [www.consumerlab.com/survey](http://www.consumerlab.com/survey).

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