




High doses of Vitamin C can be harmful...

**...informative scientific study of high
doses of Vitamin C (Ascorbic acid)**

**The Flying Basset Organics
eBooks**

High doses of Vitamin C can be harmful...




Vitamin C in the form of Ascorbic acid can be bad for your health say British doctors. "At the dose of 500 milligrams per day, which is a typical dose used for supplementation, we have shown that as well as having an antioxidant, or protective effect, it appears to have a dual activity in that it can also cause damage," Professor Joseph Lunec said in an interview. "It's been shown in the test tube that vitamin C can cause damage to DNA. We've shown it is true in human subjects."

"A fine balance exists that may be disrupted in favour of oxidants, giving rise to an accumulation of bimolecular damage, which in turn may play a role in major diseases such as cancer, rheumatoid arthritis and atherosclerosis," he said in a report published in the scientific journal Nature.

They went on to say that vitamin C, which is found in foods has been shown to boost the immune system. So obviously we can conclude that TRUE vitamin C – as Mother Nature intended – is not only safe and beneficial, but causes no harm.

High doses of Vitamin C can be harmful...



The vitamin C referred to in the health studies is the typical ascorbic acid found in all vitamins presently on the market, including health food stores and holistic practitioners. Only cell-grown vitamins are the same as food. Other vitamins are extracts, blends or synthetics. When you eat an orange you not only get vitamin C, but all the food constituents or attachments that are necessary for the body to absorb the C. You will notice on all our labels we list the milligrams of these constituents or attachments. That's what makes the difference. Plus the fact, all of our vitamins are grown, and they are totally organic. We do not extract, blend or synthesize anything.

We will see and hear about more and more studies with each of the different vitamins and minerals over the years, and each one will prove that we must pay attention to Mother Nature and use only whole substances. Our researchers and scientists would be better off spending their time studying about nature and how to harness it and use it in natural form to the fullest and not waste time trying to be better and smarter. Science must stop trying to be smarter than the Creator. It isn't going to happen.



The Flying Basset

www.TrueEssentials.net/TheFlyingBasset