

Vitamin C Test



Professional Testing Systems

Vitamin C is crucial to the health of the immune system, vascular system and connective tissue, as well as being a powerful antioxidant. Recent research has also placed Vitamin C in the category of an anticancer nutrient. When our body is exposed to stress (any influence which disturbs our calm balance), our stores of Vitamin C are depleted. This is especially noticeable in our adrenal gland, where a molecule of Vitamin C is needed to produce a molecule of adrenaline. Other areas where Vitamin C plays a crucial role are building/maintaining tissues and fortifying our immune system.

Any tissue-related malady will have some basis in Vitamin C. Vitamin C is required for the development of collagen, the cement that gives our tissues form and substance. Collagen is the principle component of tendons, ligaments, skin, bone, teeth, cartilage, heart valves, intervertebral discs, cornea, lens of the eye and the ground substance between cells.

The Vitamin C test is a simple test to determine levels of ascorbic acid in the urine. Test results can indicate deficiency of Vitamin C or non-absorption of synthetic Vitamin C (as ascorbic acid). Sufficient levels are indicated when only 1 to 5 drops of added urine change the Vitamin C reagent from blue to clear.

Performing The Vitamin C Test

Dichlorolindophenol Tablet- Add 30 ml of water to the bottles containing one (1) Vitamin C tablet. Caution: This reagent is for testing urine only and not to be taken internally or by mouth.

Perform the test using the urine sample at room temperature.

Materials: Vitamin C Reagent, disposable test tube, test tube rack, 1 ml (small) dropper

- 1. Add 5 drops of Vitamin C Reagent to the disposable test tube.**
- 2. Using the small dropper, add one drop of urine at a time to the reagent, swirl after each drop.**
- 3. Note the number of drops necessary to decolorize the reagents**
- 4. Allow 2 to 3 seconds after each drop for solution to turn clear.**
- 5. Record the results.**
- 6. Dispose the material properly**

1-3 drops

4-5 drops

6-14 drops

15 or more drops

Desirable

Moderate levels

Low levels

Deficient

Maintain Healthy Lifestyle

1 Whole C chewable daily

2 Whole C chewables daily

3 Whole C chewables daily

Product Note: This test measures the amount of ascorbic acid (a portion of the Vitamin C complex). Patients may increase their ascorbic acid levels by using synthetic ascorbic acid (a common "Vitamin C" source). This form can actually be harmful to the overall health of the body. OHS has a Vitamin C chewable that is made completely from whole food sources, such as oranges, black currant, acerola cherries and grapefruit. This product does not contain synthetic ascorbic acid.