

MICHAEL HIRT, M.D., A.P.C.
DIPLOMATE AMERICAN BOARD OF INTERNAL MEDICINE
DIPLOMATE AMERICAN BOARD OF NUTRITION

Easy “C”

WHAT IT IS:

- High potency vitamin C powder

WHY YOU NEED IT:

- Provides mega-doses of vitamin C
- Powdered “C” means no pills
- Buffered for sensitive stomachs
- Allows maximum vitamin C therapy

HOW IT HELPS:

Vitamin C continues to be one of my favorite remedies. It is time-tested support for patients with a broad range of conditions including infections, cancer, osteoporosis, tooth and gum diseases, easy bruising, diabetes, heart disease, high blood pressure, asthma, allergies, and gout.

The question in my mind is never whether vitamin C works. The question is whether a patient has taken enough vitamin C.

Anthropologists studying human ancestry and diet have determined that the correct daily human dose for vitamin C is approximately 4,000mg, or about one teaspoon of Easy “C” powder. The RDA for vitamin C is 60mg which is barely enough to prevent scurvy, but far less than needed for optimal health.

When you are ill especially with an infection or stress (ie... surgery), your vitamin C requirements can more than triple from 12,000 to 20,000mg daily depending on the degree of stress.

Our office offers intravenous (IV) vitamin C therapy to help patient prevent and treat a variety of illnesses. Easy “C” powder should be used by all IV vitamin C patients to maximize the benefits of IV vitamin C and help keep blood levels as high as possible.

Easy “C” tastes best when blended into a flavored beverage.