



**Dr. Ritamarie's  
Ultimate  
Vitamin C Guide:  
Benefits, Sources,  
and More**

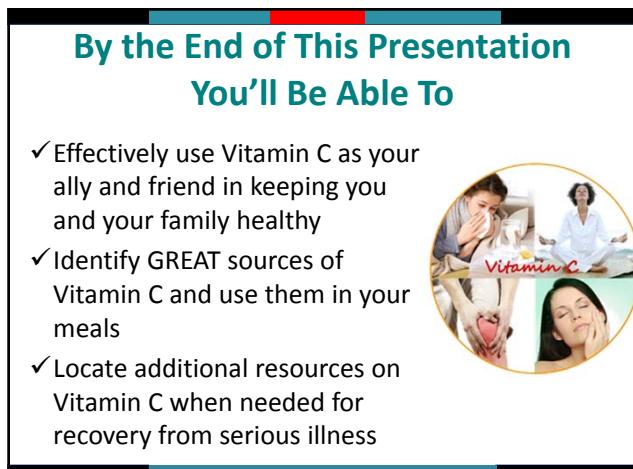
*with*

***Dr. Ritamarie Loscalzo***

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**"To date, NO infectious diseases  
have been found in which  
Vitamin C administration is  
dangerous or inappropriate"**

Thomas E. Levy, MD, JD in Curing the  
Incurable: Vitamin C, Infectious  
Diseases and Toxins



**By the End of This Presentation  
You'll Be Able To**

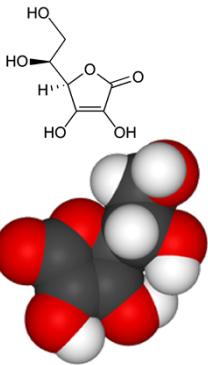
- ✓ Effectively use Vitamin C as your ally and friend in keeping you and your family healthy
- ✓ Identify GREAT sources of Vitamin C and use them in your meals
- ✓ Locate additional resources on Vitamin C when needed for recovery from serious illness

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**Medical Disclaimer:** The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, drritamarie.com, and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

### Health Uses of Vitamin C

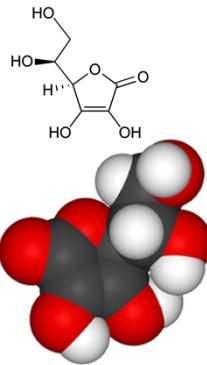
- ✓ Improves immune system



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### Health Uses of Vitamin C

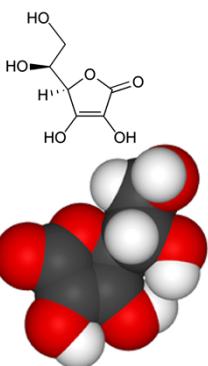
- ✓ Improves immune system
- ✓ Combats infection



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### Health Uses of Vitamin C

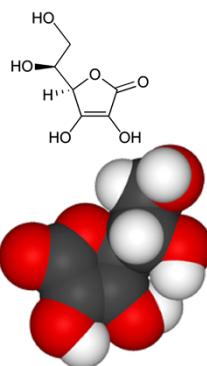
- ✓ Improves immune system
- ✓ Combats infection
- ✓ Antihistamine



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### Health Uses of Vitamin C

- ✓ Improves immune system
- ✓ Combats infection
- ✓ Antihistamine
- ✓ Reduces inflammation

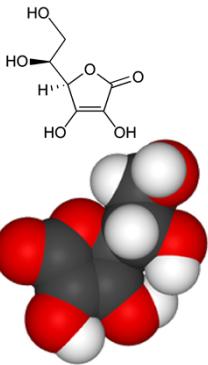


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# ERC: Dr. Ritamarie's Ultimate Vitamin C Guide: Benefits, Sources, and More

## Health Uses of Vitamin C

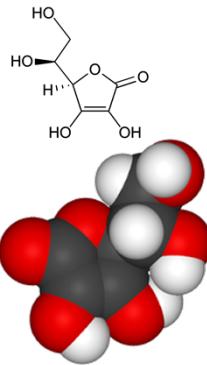
- ✓ Improves immune system
- ✓ Combats infection
- ✓ Antihistamine
- ✓ Reduces inflammation
- ✓ **Participates in making adrenaline**



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## Health Uses of Vitamin C

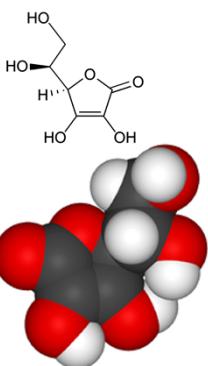
- ✓ Improves immune system
- ✓ Combats infection
- ✓ Antihistamine
- ✓ Reduces inflammation
- ✓ **Participates in making adrenaline**
- ✓ **Increases Iron uptake**



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## Health Uses of Vitamin C

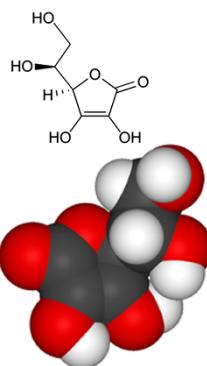
- ✓ Improves immune system
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- ✓ Reduces inflammation
- ✓ **Participates in making adrenaline**
- ✓ **Increases Iron uptake**
- ✓ **Heals connective tissue**



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## Health Uses of Vitamin C

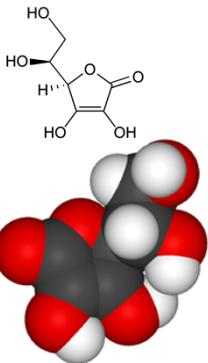
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- ✓ **Antioxidant**



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### Health Uses of Vitamin C

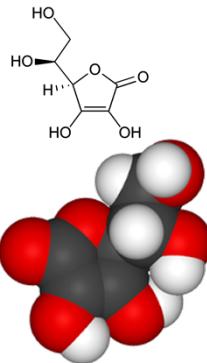
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- ✓ Increases Iron uptake
- ✓ Heals connective tissue
- ✓ Antioxidant
- ✓ **Aids in wound healing**



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### Health Uses of Vitamin C

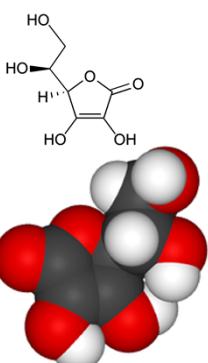
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- ✓ Antioxidant
- ✓ **Aids in wound healing**
- ✓ **Cardiovascular health**



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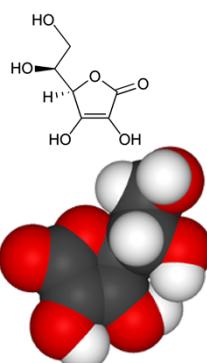
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- ✓ **Aids in wound healing**
- ✓ **Cardiovascular health**
- ✓ **Cancer prevention and reversal**



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### Health Uses of Vitamin C

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- ✓ Increases Iron uptake
- ✓ Heals connective tissue
- ✓ Antioxidant
- ✓ **Aids in wound healing**
- ✓ **Cardiovascular health**
- ✓ **Cancer prevention and reversal**
- ✓ **Transport of fat into cells for ATP**



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17

**Herbs and Spices High In Vitamin C**

Food Name	Vitamin C (mg)	Calories (mg)	Protein (mg)	Sugar (mg)	Fat (mg)
Dried Coriander Leaf Spices	566.7	279	21.93	7.27	4.78
Fresh Thyme	160.1	101	5.56	0	1.68
Dried Parsley Spices	125	292	26.63	7.27	5.48
Fresh Dill Weed	85	43	3.46	0	1.12
Saffron Spices	80.8	310	11.43	0	5.85
Ground Cloves Spices	80.8	323	5.98	2.38	20.07
Red Or Cayenne Pepper Spices	76.4	318	12.01	10.34	17.27
Dried Rosemary Spices	61.2	331	4.88	0	15.22
Dried Marjoram Spices	51.4	271	12.66	4.09	7.04
Dried Tarragon Spices	50	295	22.77	0	7.24
Dried Dill Weed Spices	50	253	19.96	0	4.36
Dried Thyme Spices	50	276	8.15	0.71	7.43
Dried Cilantro Spices	50	237	23.2	0	3.8
Ground Saffron Spices	46	212	9.79	0	5.81
Wild Leaf Spices	44.8	313	7.67	0	3.26
Dry Flock (aka Mi-Pow) Campbell Soup Cr.	45	188	0	0	0.08
Ground Mace Spices	39.2	293	6.68	0	4.69
Ground Sage Spices	32.4	315	10.83	5.71	12.70
Fresh Peppermint	31.6	78	3.75	0	3.94
Ground Turmeric Spices	25.3	364	7.83	3.21	9.38
Prepared Horseradish	24.5	49	5.16	7.00	0.03
Pumpkin Pie Spice Spices	23.8	342	9.75	0.75	7.21
Onion Powder Spices	23.4	347	10.41	0.43	3.04
Black Pepper Spices	23.0	331	8.49	0	0.08
Whole Sassafras	21	231	17.41	0.01	0.04

<http://www.thirdage.com/nc/fgv/spice-and-herb-vitamin-c-200-8>

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18

**Top 12 Vitamin C Herbs and Spices**

Food Name	Vitamin C (mg)	Calories (mg)	Protein (mg)	Sugar (mg)	Fat (mg)
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19



20

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## Camu Camu



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21

## Amla



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## Acerola Cherry



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## Goji Berries



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24

## Vitamin C in Your Daily Diet

- ✓ Smoothies
- ✓ Sauces
- ✓ Soups
- ✓ Salad dressings
- ✓ Nut milks
- ✓ Salad
- ✓ Elixirs



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## Therapeutic Uses of Vitamin C

- ✓ Vitamin C Flush and Oral Supplementation – Buffered
- ✓ IV Vitamin C
- ✓ Intramuscular
- ✓ Liposomal



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## Resources

- ✓ *Curing the Incurable: Vitamin C, Infectious Diseases and Toxins* - Thomas E. Levy, MD, JD
- ✓ Food Sources of Vitamin C: <http://www.whfoods.com/genpage.php?tname=nutrient&dbid=109#foodchart>
- ✓ Herb and Spice Sources of Vitamin C <http://www.thirdage.com/nc/fgv/spice-and-herb-vitamin-c-200-8>
- ✓ Vitamin C IV Protocol [http://www.riordanclinic.org/research/vitaminc/Riordan\\_IVC\\_Protocol.pdf](http://www.riordanclinic.org/research/vitaminc/Riordan_IVC_Protocol.pdf)
- ✓ Vitamin C Calibration <http://www.drritamarie.com/go/VitaminCCalibration>
- ✓ Liposomal Vitamin C <http://www.youtube.com/watch?v=1cBp879mfgI>

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## Vitamin C Action Plan

- ✓ Be sure to eat Vitamin C rich foods daily
- ✓ If you have allergies, low immune function, or are under a lot of stress, supplement with Vitamin C: 1000 mg three times a day
- ✓ Do a Vitamin C flush (calibration)
- ✓ Add Vitamin C rich herbs and spices to your meals



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