



**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

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**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



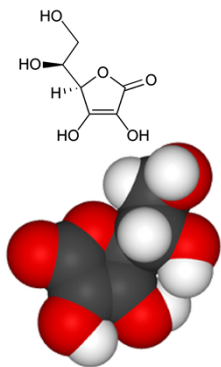
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### Health Uses of Vitamin C

- ✓ Improves immune system

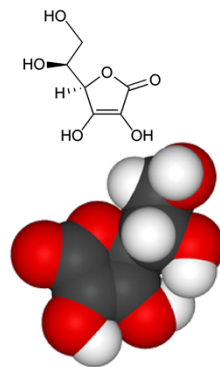


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### Health Uses of Vitamin C

- ✓ Improves immune system
- ✓ Combats infection

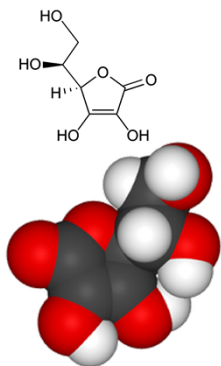


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### Health Uses of Vitamin C

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

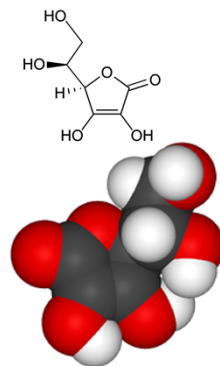


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### Health Uses of Vitamin C

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

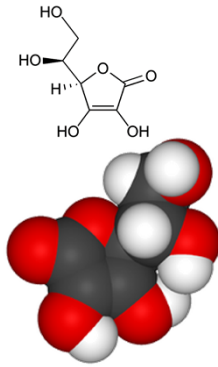


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### Health Uses of Vitamin C

- ✓ Improves immune system
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- ✓ Reduces inflammation
- ✓ Participates in making adrenaline

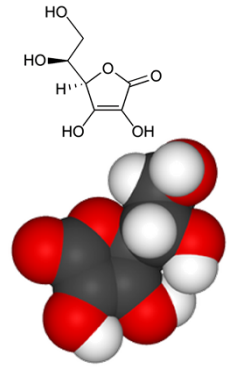


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### Health Uses of Vitamin C

- ✓ Improves immune system
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- ✓ Reduces inflammation
- ✓ Participates in making adrenaline
- ✓ Increases Iron uptake

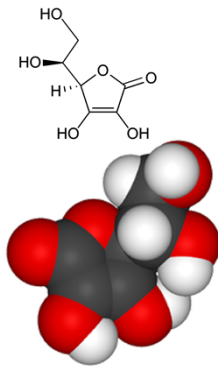


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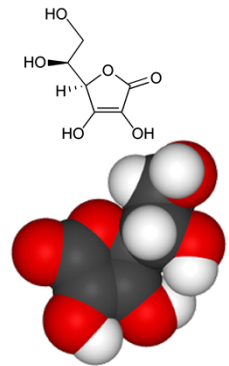


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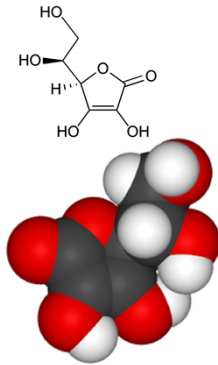


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- ✓ Aids in wound healing

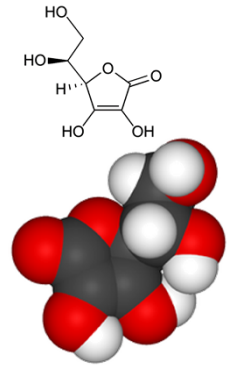


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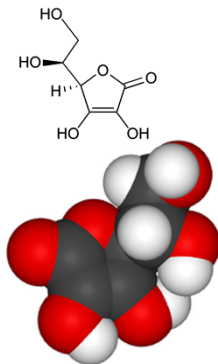


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- ✓ Aids in wound healing
- ✓ Cardiovascular health
- ✓ Cancer prevention and reversal

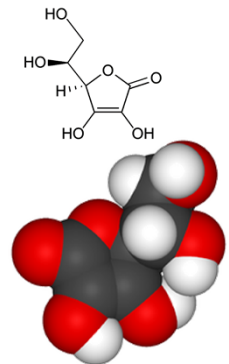


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- ✓ Heals connective tissue
- ✓ Antioxidant
- ✓ Aids in wound healing
- ✓ Cardiovascular health
- ✓ Cancer prevention and reversal
- ✓ Transport of fat into cells for ATP



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## World's Healthiest Foods Ranked Vitamin C Foods

Food	Serving Size	Cals	Amount (mg)	DRI/DV (%)	Nutrient Density
Papaya	1 medium	118.7	168.08	224.11	34.0
Bell Peppers	1 cup	29.5	117.48	156.64	98.9
Broccoli	1 cup	54.6	101.24	134.99	44.5
Brussels Sprouts	1 cup	56.2	96.72	128.96	41.3
Strawberries	1 cup	46.1	84.67	112.89	44.1
Pineapple	1 cup	82.5	78.87	105.16	22.9
Oranges	1 medium	61.6	69.69	92.92	27.2
Kiwifruit	1 2 Inches	42.1	63.96	85.28	36.5
Cantaloupe	1 cup	54.4	58.72	78.29	25.9
Cauliflower	1 cup	28.5	54.93	73.24	46.2
Kale	1 cup	36.4	53.30	71.07	35.1
Cabbage	1 cup	43.5	51.60	68.80	28.5
Bok Choy	1 cup	20.4	44.20	58.93	52.0
Grapefruit	0.50 medium	41.0	44.03	58.71	25.8

<http://www.whfoods.com/genpage.php?name=nutrient&dbid=109#foodchart>

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## 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	9.11	1.71	7.43
Red Leaf Spices	44.8	315	7.61	0	9.26
Old Task Steak Mix Plain Campbell Soup Co	45	186	0	16.76	0
Ground Mustard Spices	38.2	283	6.09	0	6.69
Ground Sage Spices	32.4	245	10.53	1.73	6.78
Fresh Peppermint	31.8	79	3.79	0	0.94
Ground Turmeric Spices	25.9	264	7.63	3.21	9.89
Prepared Horseradish	24.9	60	1.59	7.89	0.69
Pumpkin Pie Spice Spices	23.4	242	5.79	7.79	12.6
Cocoa Powder Spices	23.4	241	10.41	6.63	1.84
Fresh Rosehips	21.8	231	3.31	0	6.89
Red Leaf Spices	21	237	11.6	0	16.8

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

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## Top 12 Vitamin C Herbs and Spices

Food Name	Vitamin C (mg)	Calories (mg)	Protein (mg)	Sugar (mg)	Fat (mg)
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## Rosehips



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**Camu Camu**



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**Amla**



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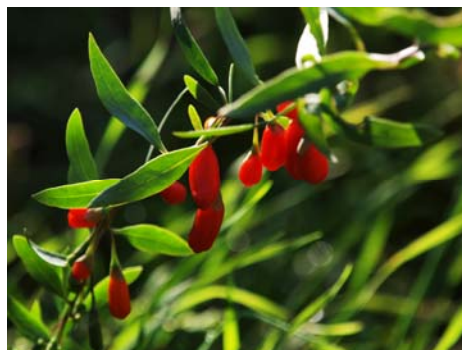
**Acerola Cherry**



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**Goji Berries**



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### 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?name=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.riordancclinic.org/research/vitaminc/Riordan\\_IVC\\_Protocol.pdf](http://www.riordancclinic.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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