

Vitamin C

## Description

To Jesus:

Vitamin C, thiamine & hydrocortisone cut deaths by 500% in a study of sepsis treatments

Marik PE, Khangoora V, Rivera R, Hooper MH, Catravas J. Hydrocortisone, Vitamin C, and Thiamine for the Treatment of Severe Sepsis and Septic Shock: A Retrospective Before-After Study. Chest. 2017 Jun;151(6):1229-1238. doi: 10.1016/j.chest.2016.11.036. Epub 2016 Dec 6. PMID: 27940189.

Marik PE. Vitamin C for the treatment of sepsis: The scientific rationale. Pharmacol Ther. 2018 Sep;189:63-70. doi: 10.1016/j.pharmthera.2018.04.007. Epub 2018 Apr 21. PMID: 29684467.

Followup studies that have negative results like the LOVIT trial have sometimes had much sicker patients in the vitamin C treatment arm, didn't also use thiamine & hydrocortisone, and/or Did not report how long until the treatment group actually got the treatment, telling discrepancies that call into question why would anyone fund low quality studies, and why would anyone trust their results?

## Lecithin liposomal vitamin C

Lecithin is an essential ingredient of cell walls. When bonded in a liposomal bubble with vitamin C, it sneaks the vitamin C past the kidneys & makes the vitamin C five to ten times more effective than taking oral vitamin C alone.

How to make liposomal vitamin C (liposomal anything)

[organicbiomama.com/homemade-liposomal-vitamin-c-recipe](https://organicbiomama.com/homemade-liposomal-vitamin-c-recipe)

## How to Make Liposomal Vitamin C At Home (Homemade Lipospheric Sodium Ascorbate Recipe)

updated on [December 29, 2022](#)

### Homemade Liposomal Vitamin C (Recipe)

(Makes about 48 oz)

#### Ingredients:

- 3/4 cup (100 gr) Lecithin ([Sunflower Lecithin](#) or Non-GMO Soy Lecithin)
- 30 oz (890 ml) [Distilled water](#)
- 1/4 cup (48 gr) [Sodium Ascorbate powder](#)
- 12 oz (350 ml) [Distilled water](#)

#### Equipment:

- Large Ultrasonic Jewelry Cleaner ([which one to get?](#))
- [Blender](#) with an ultra-low stirring speed
- [One quart canning jars with lids](#) €“ 2 pcs
- [Pint jar with lid](#) (for mixing ascorbic acid) €“ 1 pc
- [Measuring cups](#)
- [pH test strips](#) (optional)
- Plastic spoon (or straws) for stirring

## Instructions:

1. Pour 30 oz (890 ml) of warm water into the blender cup.
2. Turn the blender on the lowest setting.
3. Add lecithin to the stirring water in the blender.
4. Stir on low until lecithin melts (about 5-10 minutes).
5. In a separate (pint) jar mix 12 oz (350 ml) water and 1/4 cup sodium ascorbate powder. Put on the lid and shake till dissolved.
6. Pour the ascorbate solution into lecithin mixture while still blending on low. Let it blend for 5 minutes.
7. Pour lecithin and sodium ascorbate solution into the ultrasonic cleaner (to the max fill line). It is best to pour the solution into a glass flask and then place the flask into an ultrasonic cleaner to avoid leaching any unwanted substances from stainless steel.
8. Set the ultrasonic cleaner for longest cycle available on the machine. Total homogenizing time is approximately 30 minutes.
9. Stir fairly often using a plastic spoon or a soup ladle. Stirring keeps lecithin moving and encapsulating the sodium ascorbate efficiently. The more you stir the more homogenized is the final solution which is exactly what we want from our liposomal vitamin C. **Stirring is critical for encapsulation process.**
10. Pour the ready solution into a labeled glass jar. Tighten the lid and store in a refrigerator for up to two weeks. The solution can be used right away.

11. If you are using a sunflower lecithin the final product color is creamed coffee. Otherwise, it can be creamy bright yellow or lemon color. The solution will not be thick. If you want a thick solution you can use less water. See the notes.

## Notes:

- To make a thicker liposomal vitamin C solution use less water (use about 1/3 amount mentioned in this recipe).
- Lecithin to ascorbate volume ratio should be 3 to 1. For example, you can use 3/4 cup of lecithin and 1/4 cup of sodium ascorbate.
- Make sure to completely dissolve the sodium ascorbate in water before you add it to the lecithin mixture.
- Liposomal vitamin C may taste like soap. To make it taste better you can add it to an orange juice or other juices and then drink.

## Proportions for a smaller batch

To make 16 oz liposomal vitamin C:

- 1/4 cup (33 g) Lecithin
- 10 oz (300 ml) Distilled Water
- 1 Tbsp + 1 tsp Sodium Ascorbate
- 4 oz (120 ml) Distilled Water

## Category

1. Uncategorized

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