

Vitamin C

THE HEALTHY ALLROUNDER



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Properties

Ascorbic acid is a white, crystalline water-soluble solid with a sour taste. It exists in various forms, but only the form L -(+)- ascorbic acid exhibits biological activities. L -(+)- ascorbic acid and its derivatives are grouped together under the name Vitamin C.

Use

In humans, **ascorbic acid** has an antioxidant effect and serves as a free radical neutralizer. **Vitamin C** stimulates the body's own defenses through various processes and is, therefore, immune strengthening.

Vitamin C also plays a positive role in:

- Biosynthesis of collagen (an important component of organs and body tissues)
- Cholesterol metabolism (blood cholesterol content)
- L-carnitine production (fat burning in the muscles)
- Iron absorption in the small gut
- Synthesis of various amino acids

Those who do not consume enough **vitamin C** can recognize this by symptoms such as tiredness, poor performance, sensitivity to infection, or poor wound healing. In the long term, this can lead to the disease scurvy. **Ascorbic acid** is used as a preservative in many foods (E 300). The labeling of the derivatives are E 301 (sodium ascorbate), E 302 (calcium ascorbate), and E 304 (ascorbyl palmitate + ascorbyl stearate).

Sources

In food, vitamin C is mainly found in fruits and vegetables. The highest natural vitamin C concentrations were found in camu camu and in the bush plum.

The industrial production began in 1934 by Hoffmann - La Roche company. Today China is the largest producer of ascorbic acid.

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Ascorbic Acid and its derivatives are in the range of ECSA Chemicals.
Please feel free to contact us for further information and price.