

Uses

Ascorbic acid (vitamin C) is used to prevent or treat low levels of vitamin C in people who do not get enough of the vitamin from their diets. Most people who eat a normal diet do not need extra ascorbic acid. Low levels of vitamin C can result in a condition called scurvy. Scurvy may cause symptoms such as rash, muscle weakness, joint pain, tiredness, or tooth loss.

Vitamin C plays an important role in the body. It is needed to maintain the health of skin, cartilage, teeth, bone, and blood vessels. It is also used to protect your body's cells from damage. It is known as an antioxidant.

How to use Ascorbic Acid

Take this vitamin by mouth with or without food, usually 1 to 2 times daily. Follow all directions on the product package, or take as directed by your doctor.

If you are taking the extended-release capsules, swallow them whole. Do not crush or chew extended-release capsules or tablets. Doing so can release all of the drug at once, increasing the risk of side effects. Also, do not split extended-release tablets unless they have a score line and your doctor or pharmacist tells you to do so. Swallow the whole or split tablet without crushing.

Side Effects

Diarrhea, nausea, vomiting, abdominal cramps/pain, or heartburn may occur. If any of these effects persist or worsen, tell your doctor or pharmacist promptly.

If your doctor has directed you to use this vitamin, remember that he or she has judged that the benefit to you is greater than the risk of side effects. Many people using this vitamin do not have serious side effects.

Tell your doctor right away if any of these rare but very serious side effects occur: painful urination, pink/bloody urine.

A very serious allergic reaction to this drug is rare. However, seek immediate medical attention if you notice any symptoms of a serious allergic reaction, including: rash, itching/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing.

This is not a complete list of possible side effects. If you notice other effects not listed above, contact your doctor or pharmacist.

Precautions

Before taking ascorbic acid, tell your doctor or pharmacist if you have any allergies. This product may contain inactive ingredients (such as peanut/soy), which can cause allergic reactions or other problems. Talk to your pharmacist for more details.

Before using this vitamin, tell your doctor or pharmacist your medical history, especially of: kidney disease (such as kidney stones), a certain enzyme deficiency (G6PD deficiency).

During pregnancy, this vitamin has been found to be safe when used in recommended doses. Higher doses should be used during pregnancy only if clearly needed. Discuss the risks and benefits with your doctor.

This vitamin passes into breast milk and is considered to be safe during breast-feeding when used in recommended doses. Consult your doctor for more information.