

THE COACH'S PLAN

The Vitamin C Ceiling Card

For anyone deciding whether to add a vitamin C capsule, and how much is already coming in from everything else.

90 mg

The adult requirement

75 mg for women, plus 35 mg if you smoke.

2,000 mg

The adult ceiling

Counts food, drinks and every supplement together.

1 g

Where absorption falls

Single doses above a gram absorb at about half or less.

We still hold that antioxidant pills lose to food. Vitamin C is the exception worth naming, because it is not only an antioxidant. It is an essential nutrient with a requirement, a deficiency disease and a ceiling. This card gives you the numbers, the stacking check and the interactions.

What the evidence actually says

- 1 NIH ODS: 90 mg a day for men, 75 mg for women, plus 35 mg for anyone who smokes.
- 2 Scurvy follows intakes below roughly 10 mg a day for weeks, and is fatal if untreated.
- 3 Vitamin C supplements do not appear to protect against cancer, and do not prevent colds.
- 4 Absorption falls to about half or less at single doses above one gram.
- 5 The 2,000 mg adult upper limit counts food, beverages and all supplements together.

Your 3-step plan

1 Step 1: Check your food before your cart.

Two servings of citrus, peppers, kiwifruit or broccoli in a day clears the requirement outright. If most days look like that and you do not smoke, you can stop here.

2 Step 2: Add up every label, not just one.

Multivitamins, greens powders and immune blends all carry vitamin C. Total everything against the 2,000 mg ceiling before you add a single ingredient bottle on top.

3 Step 3: Pick a dose you can defend, then stop escalating.

500 mg a day is generous cover for a genuine shortfall. Doubling it does not double what is absorbed, and a cold that has already started will not care either way.

The safety line

Ask your oncologist before taking any antioxidant supplement during cancer treatment. High doses can worsen iron overload in hemochromatosis, and anyone with a kidney stone history should ask a clinician first. Antioxidants have been reported to blunt the effect of a statin and niacin combination on cholesterol. Supplements are not reviewed by the FDA for effectiveness before sale.

Read the full article: <https://www.agelesscoach.com/articles/we-said-food-beats-vitamin-c-pills-mostly-true>

These statements have not been evaluated by the Food and Drug Administration. This guide is educational and is not medical advice, and is not intended to diagnose, treat, cure, or prevent any disease. Talk with your clinician before changing any supplement or medication.