

Vitamin C (Sodium ascorbate)

Research seems to be validating more and more of Nobel Prize winner, Linus Pauling's hypotheses about immune-boosting Vitamin C (ascorbate). Pauling's researchers produced convincing anti-cancer results from high dose vitamin C. Excess vitamin C is easily excreted by the kidneys, but not *before* it hits HIGH intracellular and interstitial levels, which provide the purported benefits.

For dogs; hyper supplementation starts cautiously, because some dogs have been reported to get diarrhea from sudden mega-dosing of Ascorbate*.

What to get: "Liposomal sodium ascorbate" But there are two crucial keys: ¹Diarrhea and ²Who Gets Ascorbate?

Dosing Vitamin C			
Week One	10mg per pound <i>once</i> per day	So:	mg 1x daily
Week Two	20mg per pound <i>twice</i> per day	So:	mg 2x daily
Week Three	40mg per pound <i>twice</i> per day	So:	mg 2x daily
Forward: Alternate Week 1 and Week 3 in seven-day cycles.			

You might end up buying TWO sizes of Ascorbate pill, to make dosing easier. If your patient develops soft stools or diarrhea, skip a dose or more, reduce the doses, and STOP titrating-up for a week.

High dose Vitamin C should be reserved for:

1. Patients 'at-risk' with an actual need for it, such as cancer, brittle joints, liver disease, immune dysfunction, extreme age and osteoarthritis.
2. Patients with good hydration and the propensity to remain that way
3. Patients with sufficient kidneys.

Should you hyper supplement Vitamin C *constantly*?

Probably not. Titrate up to the dose suggested, and run a regimen like this: Alternate "Week 1" dosing and then "Week 3" dosing and repeat. Adjust this, if soft stools appear with higher dosing. If you totally *STOP* between spikes, it's possible the patient will develop loose stools when resuming high dosing.

*So far ^(Sept 1, 2020), probably *because* we are **slowly** increasing the amounts that dogs get, we have not seen any loose stools from ascorbate supplementation.

Animals can synthesize their own vitamin C. It's believed that animals with certain aging, nutritional and metabolic disorders can't make enough to have a practical benefit.