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### A Clinical Evaluation Comparing The Bioavailability Of Three Vitamin C Supplements In Healthy Non-Smoking Males

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**Purpose:** To determine and compare the relative bioavailability of vitamin C from two formulations of Comfort C® (with 4.06 mg and 5.36 mg Bioperine®) and Ester-C® in healthy, non-smoking, young males.

**Methods:** Ten males ( $29.7 \pm 13.6$ ) received 3 different vitamin C products in random order preceded by at least 7 days of a low vitamin C diet. Blood was drawn pre-ingestion and 30, 60, 90, 120, 210 and 240 minutes, and 24 hours post-ingestion for serum vitamin C assay. Twenty-four hour post-test urine concentrations of vitamin C and dihydroascorbic acid were determined.

**Results:** Vitamin C concentrations were slightly higher with both formulations of Comfort C than Ester-C with significant differences between products at the 30 and 60 minute time points (30 minutes:  $p < 0.001$ , 0.006 and 60 minutes:  $p = 0.024$ , 0.018 respectively).

**Conclusions:** There were no differences in the overall absorption of the 3 vitamin C products over the 24-hour test period although Comfort C had a faster rate of absorption than Ester-C. ■

Study presented at the American College of Nutrition in October 2009



This study was conducted using the previous product name, Comfort C. The formulation remains the same but the product name is now Fast-C.

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Ester-C® is a registered trademark of Oxycal Laboratories, Inc.



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