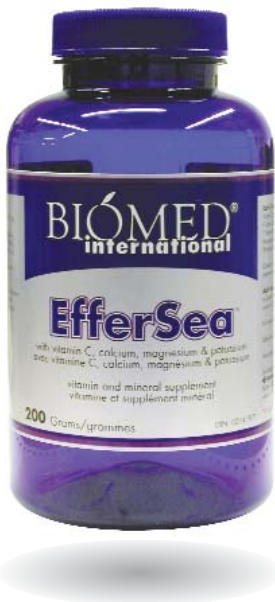


The **EfferSea™** formula, containing buffered vitamin C and the minerals calcium, magnesium, and potassium, was created to provide the busy practitioner and their patients with a highly palatable form of buffered vitamin C and coral calcium. Pharmacological doses of vitamin C are well known to provide a wide number of therapeutic benefits. This includes vitamin C interfering with the enzyme histidine decarboxylase, the biochemical rate limiting step in the formation of histamine². This interfering action in turn partially accounts for vitamin C's clinical utility in the treatment of seasonal allergic rhinitis³ and for its ability to decrease upper airway reactivity in asthma⁴. Buffered vitamin C has been shown to increase the activity of a key agent in our immunological surveillance system called a natural killer (NK) cell. Within twenty four hours of starting buffered vitamin C, NK activity increases up to 10 times in 78% of the patients previously exposed to environmental toxins such as formaldehyde⁵.

Diabetics can also benefit from the use of additional ascorbic acid since this unique antioxidant decreases some of the chronic risk factors associated with persistent hyperglycemia including retinopathy, neuropathy, and nephropathy. Vitamin C, researchers speculate, helps the diabetic by decreasing erythrocyte sorbitol levels⁶ and by reducing fasting blood glucose and hemoglobin A_{1C} levels⁷.

Vitamin C may also be the ultimate supplement for those in stressful situations. Volunteers employing 3 grams of vitamin C per day had a significant reduction in systolic and diastolic blood pressure; a decrease in their subjective responses to an acute stressor; and, a faster salivary cortisol recovery⁸. Vitamin C in addition to its stress reducing activity may also help those with *H. pylori*. In a recent study, 5 grams of ascorbic acid per day for 1 month completely eradicated *H. pylori* infection in 30% of those taking the supplement⁹. A mere 500 mg per day of ascorbic acid eliminated metaplasia of the gastric mucosa secondary to *H. pylori* infection in 31% of those taking the vitamin¹⁰.



- Coral calcium supplement in supporting healthy bones
- Antihistamine for seasonal allergic rhinitis
- Improves immunity (NK function)
- Decreases upper airway reactivity in asthma
- Mildly anti-hypertensive¹
- Adjunctive *H. pylori* treatment
- Adjunctive therapy for diabetics
- Stress reduction

The effervescent that results from mixing the powder in liquid is a release of CO₂ which allows all ingredients to be in an ionized solution, thus allowing quick absorption of all the nutrients.

In addition to its action as a buffered vitamin C supplement, **EfferSea™** can also be employed as a source of calcium to help maintain healthy bones. **EfferSea™** employs a unique type of calcium carbonate (with trace minerals) derived from Okinawan coral. A study has concluded that those who consumed coral calcium had 62% higher blood serum levels of calcium than those using regular calcium carbonate¹¹. This latter fact suggests that coral calcium has superior bio-availability than standard calcium carbonate from oyster shell or limestone.

EfferSea™ also has benefits for Asthmatics, as the magnesium relaxes the smooth muscle of the bronchials.

Each 1/4 tsp (1 gram) contain:

Ingredients:		Mode of Action:
Vitamin C (ascorbic acid)	467.29 mg	Antioxidant; antihistamine
Calcium (carbonate from coral)	86.45 mg	Bone support
Magnesium (carbonate)	56.07 mg	Bone support; hypertension
Magnesium (oxide)	5.61 mg	Bone support; hypertension, smooth muscle relaxant
Potassium (bicarbonate)	19.63 mg	Buffering agent

Side effects: May cause diarrhea.

Contraindications: Do not take during pregnancy or lactation. Do not use in individuals with known or suspected sensitivity to any of the above listed ingredients. Those with hemochromatosis or hemosiderosis should not utilize vitamin C supplements¹².

Warnings: Those taking anti-coagulants or anti-platelet aggregating medications such as Warfarin or Ticlid respectively should not take Vitamin C¹³. Individuals with a history of nephrolithiasis should be cautious when taking large doses of supplementary vitamin C¹⁴.

ADULT DOSAGE: Take 1/2 tsp dissolved in a glass of juice or water daily, or as directed by a practitioner. Take 1/2 hour before meals or 2 hours after meals.

See back for references

EFFERSEA™

References:

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