Sold Out – How To Get Vitamin C (Recipe/DIY)

Vitamin C is needed for the immune system, but that is not it's only claim to fame. Vitamin C is needed for many physiological functions. It is an anti-oxidant. It is a co-factor for eight enzymes, thereby aiding in developing and maintaining scar tissue, blood vessels, cartilage, hormonal stability, biosynthesis of neurotransmitters, and transport of fatty acids into mitochondria.

It's no surprise that in the middle of a pandemic vitamin C is hard to find. It's almost always better to get your vitamin C from whole foods, but there's also a way to make your own whole-food vitamin C supplement that's probably better than anything you'd find in the store.

Related: ***How to Make the Healthiest Smoothies – 4 Recipes***

Fruits With At Least 50% Daily Recommended Vitamin C

- Papaya (one medium) – 224%
- Strawberries (one cup) – 113%
- Pineapple (one cup) – 105%
- Oranges (one medium) – 93%
- Kiwi (1- 1/2 in) – 85%
- Cantaloupe (1 cup) – 78%
- Grapefruit (1/2) – 59%

What may surprise you is the number of vegetables that meet the criteria.

Vegetables With At Least 50% Daily Recommended Vitamin C

- Bell Peppers (1 cup) – 157%
- Broccoli (1 cup) – 135%
- Brussels sprouts (1 cup) – 129%
- Cauliflower (1 cup) – 73%
- Kale (1 cup) – 71%
- Cabbage (1 cup) – 69%
- Bok Choy (1 cup) – 59%
- Parsley (1 cup) – 54%
- Turnip greens (1 cup) – 53%
- Sweet potato (1 cup) – 52%

If you eat well you should be getting plenty of vitamin C. But if you would still like to supplement your diet with extra vitamin C, we recommend not wasting your citrus peels. They're full of vitamin C! Simply dehydrate them and then grind them up into a powder.

Recommended: *How to Eliminate IBS, IBD, Leaky Gut*

Other herbs and supplements you may want to consider for vitamin C include thyme, basil, rose hips and chlorella.

I don't take a multivitamin but I do use something called Total Nutrition Formula. It's expensive to buy by the bag but if you can afford the bulk ingredients from Mountain Rose Herbs you can make your own and save lots of money.

Total Nutrition Formula Recipe

With this recipe, a "part" means a measurement by volume and not weight. What volume you use is up to you. All ingredients should be organic or wildcrafted.

Available for purchase on Green Lifestyle Market

- 1 part Alfalfa Grass Powder
- 1 part Barley Grass Powder
- 1 part Wheat Grass Powder
- 1 part Norwegian Purple Dulse Seaweed Powder
- 1 part Beet Root Powder
- 1 part Spinach Leaf Powder
- 1 part Rosehips Powder
- 1 part Orange Peel Powder
- 1 part Lemon Peel Powder
- 1 part Astragalus Powder
- 1.5 parts Spirulina Green Algae
- 1.5 parts Chlorella Broken Cell Algae
- 5 parts Yeast Flakes
- 5 parts Yeast Powder

Related: *Homemade Calcium and Magnesium*

Remember, it's not how many nutrients you can get into your system, it's how many quality ingredients your body can absorb and use.

Combine all ingredients. Mix thoroughly. You may need a dust mask when mixing, as the powders can get into the air and irritate the nose and throat. We mix ours on a patio when there is no wind where we can easily rinse off the mess.

Yeast (both the flakes and the powder) must be non-active saccharomyces cerevisiae nutritional yeast fortified with B12. Which is safe for patients with Candida albicans. Doc wrote, "I added astragalus as it is the #1 herb for balancing metabolism and blood sugar levels. Without changing my diet one iota, I dropped 10 pounds when I added this little goody to the formula. I also upped the spirulina and chlorella 50% each to increase the protein, and mineral intake."

Most of the ingredients can be purchased at Mountain Rose Herbs. We plan to offer all of these ingredients at Green Lifestyle Market soon as well so that you can make your own without having to go to multiple stores to get ingredients.

Use 1-2 teaspoons as a daily addition to any drink.