

IV Therapy Toronto Lounge Explains Importance of Liposomal Vitamin C Therapy

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Toronto Functional Medicine Centre (TFMC), an IV therapy clinic in Toronto, has recently published a blog post where the IV therapy Toronto lounge explains liposomal vitamin C supplementation and its importance. While vitamin C can be created in the bodies of animals, this is not so with the human body. That is why this particular nutrient has to be obtained through diet and supplements. Liposomal vitamin C can significantly affect a person?s wellness, but it has the unique characteristic of being composed of essential phospholipids that serve as a protective shield for vitamin C.

It is important to note that when ingested, liposomal vitamin C gets transported to the bloodstream in just a matter of minutes and it is able to enter the cells. First of all, it has the ability to support the production of collagen and the synthesis of neurotransmitters. It is able to contribute to the formation of blood vessels, muscles, and bone health. Second, it serves as a powerful antioxidant, which provides protection for cellular health from free radicals. Third, it may help support the production of white blood cells, which is how it promotes the immune function. Fourth, supplementation with liposomal vitamin C may help smokers, those who don?t have a varied diet, or those who are suffering from malabsorption or a chronic health issue to get the required dietary intake of vitamin C.

They want to emphasize that the digestive process will filter out the contents of what a person ingests, and this includes oral supplements. Thus, when swallowing vitamin C capsules, there is a possibility of insufficient bioavailability. This is because the absorption rate for oral vitamin C is naturally limited by the body. The usual oral vitamin C supplementation doesn?t use liposomal delivery and is water soluble. On the other hand, liposomal vitamin C has fatty ?mini bubbles? that bond to the vitamin content, which prevents the nutrient from getting destroyed by the gastric fluids. Thus, the liposomal vitamin C may improve the absorption of vitamin C via cellular lipid membranes, without getting restricted by digestion.

It is important to note that vitamin C supplementation may contribute to improved wellness. However, high dose vitamin C IV therapy may be added to a person?s TFMC treatment plan if there is still an issue with sustaining nutrient levels for immune function and daily energy production. The infusion of vitamin C has been observed in studies to reduce oxidative stress and, in many cases, resulted in the enhancement of physiological function in adult humans.

The IV therapy drips provided at the TFMC are intended for supportive measures and are provided in dosages specific to an individual?s biological requirements. These are administered in combination with various treatment modalities and regular oral supplements and may contribute to optimal wellness. Overall, liposomal vitamin C supplements may provide various health benefits. However, it is advisable to consult with a healthcare provider before taking them. It is possible that the vitamin may interact with some medications, including statins, chemotherapy and blood thinners, and may not be appropriate for patients with kidney problems.

The Toronto Functional Medicine Centre in Toronto, Ontario, Canada, uses the integrative functional medicine concept that may be applied for a wide range of health concerns, including: acute health issues, neuropathic pain, athletic recovery, postmenopausal health issues, tissue repair, fertility issues, hormone imbalances, DNA repair, immune function, cellular damage, chronic fatigue, skin rejuvenation, thyroid issues, adrenal function, mineral deficiencies, and more.

Those who are interested in knowing more about integrative functional medicine, including how their IV therapy Toronto clinic defines oxidative stress, can visit the Toronto Functional Medicine Centre website or contact them by phone at (416) 968-6961, or by email at info@tfm.care. They are open from 9:00 am to 6:00 pm on Mondays and Wednesdays; from 10:00 am to 5:00 pm on Tuesdays and Thursdays; from 9:00 am to 5:00 pm on Fridays; and from 9:00 am to 4:00 pm on alternating Saturdays.

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Toronto Functional Medicine Centre

Our team of dedicated health and wellness practitioners have a passion for integrative functional and naturopathic medicine healing. We strive to help each patient shift towards balanced, wholesome wellness.

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