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Vitamin C is one of the most important anti-oxidants that our bodies need. Symptoms of vitamin C deficiency include bleeding gums, easy bruising, fatigue, low immune system or frequent colds and flu, muscle aches and pains, dry skin and hair, and even mood changes.

Some patients need 2 grams per day and some need 20 grams. When we take more than we can use, our body eliminates extra vitamin C into our bowels and we feel this as a “girgle” or a “movement” in the bowel. This test will determine how many grams your body needs per day. To determine your “bowel tolerance” amount, do the following test.

#### BOWEL TOLERANCE TEST

1. take 1 gram (1000mg) of buffered vitamin C per hour
2. continue taking 1 gram per hour until you have a bowel “girgle”
3. at this point, stop taking the vitamin C and count how many hours and grams
4. to determine your personal vitamin C dosage, calculate as follows:
  - a. Total grams Vitamin C x 0.75 = Your total daily dose
    - i. Do not take this all at once!
  - b. Divide your total daily dose so that you take no more than 2 grams at one time
    - i. Total daily dose / 2 grams = # doses / day

#### FOR EXAMPLE:

I took 1 g per hour for 8 hours, when I felt the “girgle” in my bowel

Calculation – 8 grams x 0.75 = 6 grams

I need 6 grams of vitamin C per day total

6 grams / 2 grams = 3 doses per day

I need to take 2 grams of vitamin C, 3 times per day