

# iMedix: Your Personal Health Advisor.

## Acerola C

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Search for medical details concerning Acerola C oral on iMedix including its side effects, uses, precautions, overdose, interactions, warnings and user reviews.

- **ActiveIngredient:**
- **DosageForm:**
- **Dosage:**
- **Indications:**
- **Manufacturer:**
- **Storage:**
- **Market Price:**
- **Drug Status:**

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## Description

**Side Effects** Diarrhea, nausea, vomiting, abdominal cramps/pain, or heartburn may occur. If any of these effects last or get worse, tell your doctor or pharmacist promptly. If your doctor has directed you to use this medication, remember that your doctor has judged that the benefit to you is greater than the risk of side effects. Many people using this medication do not have serious side effects. Tell your doctor right away if you have any serious side effects, including: painful urination, pink/bloody urine. A very serious allergic reaction to this drug is rare. However, get medical help right away if you notice any symptoms of a serious allergic reaction, including: rash, itching/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing. This is not a complete list of possible side effects. If you notice other effects not listed above, contact your doctor or pharmacist. In the US – Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088 or at [www.fda.gov/medwatch](http://www.fda.gov/medwatch). In Canada – Call your doctor for medical advice about side effects. You may report side effects to Health Canada at 1-866-234-2345. **Uses** Ascorbic acid (vitamin C) is used to prevent or treat low levels of vitamin C in people who do not get enough of the vitamin from their diets. Most people who eat a normal diet do not need extra ascorbic acid. Low levels of vitamin C can result in a condition called scurvy. Scurvy may cause symptoms such as rash, muscle weakness, joint pain, tiredness, or tooth loss. Vitamin C plays an important role in the body. It is needed to maintain the health of skin, cartilage, teeth, bone, and blood vessels. It is also used to protect your body's cells from damage. It is known as an antioxidant. **How to use Acerola C** Take this vitamin by mouth with or without food, usually 1 to 2 times daily. Follow all directions on the product package, or take as directed by your doctor. If you are taking the extended-release capsules, swallow them whole. Do not crush or chew extended-release capsules or tablets. Doing so can release all of the drug at once, increasing the risk of side effects. Swallow the whole tablet without crushing or chewing. Take this product with a full glass of water (8 ounces/240 milliliters) unless your doctor directs you otherwise. If you are taking the wafers or chewable tablets, chew them thoroughly and then swallow. If you are taking the lozenges, place the lozenge in your mouth and allow it to slowly dissolve. If you are taking the powder, mix it thoroughly in the proper amount of liquid or soft food and stir well. Take all of the mixture right away. Do not prepare a supply for future use. If you are using the liquid form of this vitamin, carefully measure the dose using a special measuring device/spoon. Do not use a household spoon because you may not get the correct dose. Dosage is based on your medical condition and response to treatment. Use this vitamin regularly to get the most benefit from it. To help you remember, take it at the same time(s) each day. If you

think you may have a serious medical problem, get medical help right away. Precautions Before taking ascorbic acid, tell your doctor or pharmacist if you have any allergies. This product may contain inactive ingredients (such as peanut/soy), which can cause allergic reactions or other problems. Talk to your pharmacist for more details. Before using this vitamin, tell your doctor or pharmacist your medical history, especially of: kidney disease (such as kidney stones), a certain enzyme deficiency (G6PD deficiency). Before having surgery, tell your doctor or dentist about all the products you use (including prescription drugs, nonprescription drugs, and herbal products). During pregnancy, this vitamin has been found to be safe when used in recommended doses. Higher doses should be used during pregnancy only if clearly needed. Discuss the risks and benefits with your doctor. This vitamin passes into breast milk and is considered to be safe during breast-feeding when used in recommended doses. Consult your doctor for more information.

**Overdose** If someone has overdosed and has serious symptoms such as passing out or trouble breathing, call 911. Otherwise, call a poison control center right away. US residents can call their local poison control center at 1-800-222-1222. Canada residents can call a provincial poison control center. Keep all medical and lab appointments. This product is not a substitute for a proper diet. It is best to get your vitamins from healthy foods. Ascorbic acid is commonly found in citrus fruit (such as oranges), tomatoes, brussels sprouts, cauliflower, and broccoli, among others. Consult your doctor, pharmacist, or nutritionist for more details. If you miss a dose, take it as soon as you remember. If it is near the time of the next dose, skip the missed dose. Take your next dose at the regular time. Do not double the dose to catch up. Different brands of this vitamin have different storage needs. Check the product package for instructions on how to store your brand, or ask your pharmacist. Keep all medications away from children and pets. Do not flush medications down the toilet or pour them into a drain unless instructed to do so. Properly discard this product when it is expired or no longer needed. Consult your pharmacist or local waste disposal company. **Interactions** Drug interactions may change how your medications work or increase your risk for serious side effects. This document does not contain all possible drug interactions. Keep a list of all the products you use (including prescription/nonprescription drugs and herbal products) and share it with your doctor and pharmacist. Do not start, stop, or change the dosage of any medicines without your doctor's approval. This vitamin may interfere with certain lab tests (including certain urine glucose tests), possibly causing false test results. Make sure lab personnel and all your doctors know you use this drug.

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## **Side Effects**

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## **Uses**

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## **Interactions**

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## Other Details

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