

## Homemade Liposomal Vitamin C - How to instructions

Instructions are from [qualityliposomalc.com](http://qualityliposomalc.com) See site for research details.

Instructions from the website are summarized on 1 page here so you can print and take it to the kitchen.

The 500 gram recipe fills a 6 cup blender half way, and yields about 17 oz. (500 grams) of Lipo Vitamin C, or LVC for short. 750 gram recipe yields 26 oz. See Dosage pg. 2 to decide batch size.

The alcohol improves encapsulation, but replace with water if you don't consume alcohol.

To make	<b>500g</b>	I need	<b>750g</b>	I need	<b>900</b>	I need	
	Grams		Grams		Grams		
Distilled Water	134		201		241		
<b>40% Vodka</b>	178		267		320		
Vit C powder	84		127		152		
Lecithin	104	83 if Now	156	125 if Now	187	150 if Now brand	
	500 g		750 g		900 g		
Liposomal Vit C	17.6 Oz		26.5 Oz		31.6 Oz		

See **Supplies** section pg. 2 with links to obtain ingredients and equipment.

### Quick Summary Of Instructions

Before you make it the first time, read the through the **Detailed Instructions** section below, review the website [qualityliposomalc.com](http://qualityliposomalc.com) and Facebook User Support Group: [Liposomal Vitamin C](#)

Do NOT mix all the ingredients together all at once! Sift the lecithin to remove the desiccant packs!

- Dissolve.** Add Vit C powder, distilled water & spirit to beaker, place container in Ultrasonic cleaner (first fill Ultrasonic with water). Use heat button to reach **35°C / 95°F** while running for **15 min**, stirring often, until clear. Let cool to **70 °F** before step 2. Use the digital thermometer to monitor temp for each step.
- Blend.** Remove desiccant pack in lecithin so it doesn't go in blender. Add Lecithin and blend for 2-4 mins or longer, until temp is **32 C / 89.6 F** but do not exceed. Repeat 5 or 6 times or more during a 12-24 hour period. In between refrigerate blender to cool it for 1 hour. For final blend, allow temperature to go higher to **35°C / 95 F**. Do not refrigerate, go to step 3.
- De-gas.** Transfer to beaker/jar, place in ultrasonic for **30 min** to remove bubbles. Do not use heat button, but allow temperature to go higher, but not above **35°C / 95 F**. Refrigerate for a few hours to cool it down.
- Make liposomes.** Place beaker in ultrasonic machine and run for **30 min**, or until reaches **32 C / 89.6 F**. Refrigerator for an hour or so to cool down. Repeat this process until the liposomal vitamin C has had **1 hour total** of ultrasonic irradiation during Step 4. Refrigerator for a few hours to allow bubbles to rise.
- Done!** Skim off the bubbles on the top, pour into a glass container and store in refrigerator, up to 1 month. Can also be kept in the freezer for up to 2 months, scoop out with a spoon, the alcohol keeps it soft when frozen.

## Dosage

Take 1/2 hour before eating, or 1 hour after. Dissolves well in cool liquids. Keeps in the fridge 30 days.

Or freeze so it lasts longer, easy to scoop out desired tbsl doses then dissolve in liquid.

Review doses per batch to decide how much to make. First time make the smaller batch, easier to deal with.

Batch Lasts this many Days				
tbsl	= grams Vit C	17 Oz lasts	24 Oz lasts	
1	2.1	34 days	49 days	
2	4.2	17	25	
3	6.3	11	16	
4	8.4	9	12	
5	10.5	7	10	

Start with 1 Tbls (2 grams vitamin C) and increase the dosage slowly over a few days, monitoring bowel tolerance. The liposomal coating prevents impact on the bowel (i.e. diarrhea) at these higher doses, but there is a limit. A loading dose of liposomal vitamin C is likely 2 grams three times a day. Maintenance dose 1 gram twice daily, increasing doses and amounts as needed. Cancer treatment regimes may be higher.

## Why Make It Yourself? Cost Savings, & Most Effective Form of Vitamin C

\$29.95 Retail, [LiveOnLabs.com](http://LiveOnLabs.com) 30 grams Lipo Vit C = \$1.00/gram. Or \$0.75/gram if you find a 25% off coupon.

Taking 6 grams a day of retail Lipo C would cost \$180/mo.

But, you may want to try buying it first to test it out, before committing to the homemade project.

\$20 Homemade; ingredients make 120 grams Lipo Vit C = \$0.16/gram

Taking 6 grams or a day of homemade Lipo C would cost \$27/mo., instead of \$180.

### Tablets Versus Intravenous Versus Liposomes

Putting vitamin C or any water-soluble nutrient in liposomes reportedly delivers 70% or more absorption of the nutrient into the cells in our bodies, higher bioavailability than tablets or IV.

## Supplies (links go to Amazon)

- Distilled water
- [Vitamin C powder \(ascorbic acid\) Powder](#) 24 oz \$14
- [Swanson Premium Sunflower Lecithin Non-GMO 1 lb](#) \$16 Other brands are fine, as long as it is sunflower, not soy. Powder is better than granules.
- Regular blender, [digital gram scale](#), and a digital cooking [thermometer](#) .
- [2.5 litre Ultrasonic cleaner](#) \$75
- [2 liter beaker](#) \$13, or 32 oz wide glass jar that fits in ultrasonic machine w/o touching the sides.
- The ultrasonic + beaker is optional, but it does create a better product. You can try it first with just the blender, and get the ultrasonic later.
- 3 in 1 Test strips [Merit-Check 3, Reagent Strips for Urinalysis: Vitamin C, pH and Ketone](#) \$13

## Detailed Instructions

### Step 1: Dissolve Vitamin C in Water and Alcohol

Measure and add the **Distilled** water, alcohol and vitamin C powder to the beaker. Place the beaker in the ultrasonic bath and use heat button to reach **35°C / 95 F** while irradiating for **15 min**. Stir the mixture regularly. As a general caution, be sure your beaker isn't touching the sides or bottom of the ultrasonic bath and that the water in the ultrasonic bath is to the level recommended by the manufacturer.

When this process completes the temperature **will be close to 40°C / 104 F** and the liquid will be clear or a very slight yellowish tinge. Let cool to **70 F** before adding Lecithin in Step 2. Any AA not dissolved will not encapsulate

If not using an ultrasonic, heat the water and mix it with ascorbic acid in the blender.

### Step 2: Add Lecithin and Blend

Important Note: If you are trying this recipe for the first time hold back 20% of the lecithin until after you've blended it for the first time. If it looks too watery, then slowly add a little more and blend again. Repeat this process until the resulting mixture is still liquid and can pour easily

Add Ascorbic acid liquid and Lecithin to blender, blend for **2-4 mins** at a time, do not exceed **32 C / 89.6 F**. If making a double batch, the blending time will be longer to reach the max temperature.

Repeat this blending and refrigerating process five or six times over twelve hours to be sure the lecithin granules have been thoroughly dissolved into the water, alcohol and vitamin C solution. You can also split the process over 24 hours, leaving it in the fridge overnight.

The liposomal C it will heat up when you are blending it. With the exception of the first blending cycle of ascorbic acid + water, and Step 3 de-gassing, be sure that the lecithin temperature doesn't exceed 32°C.

By the end of this process you've already created high quality liposomal vitamin C. The following steps show you how to improve it further using an ultrasonic machine.

If you don't have an ultrasonic machine you may want to do extra blending and refrigeration cycles and then skip to step 5.

Lecithin powder vs granules: The lecithin granules take longer than powder to dissolve completely. Most Internet recipes call for soaking the lecithin granules in water overnight. This idea is correct, however, by soaking in water you end up lowering the amount of vitamin C that will be encapsulated. This extended blending process will dissolve the granules.

### **Step 3: Remove the Bubbles**

If you don't have an ultrasonic machine you should skip this step and go to Step 5.

The blending process will add tiny bubbles to your liposomal vitamin C. Bubbles in the liquid absorb ultrasonic energy and significantly reduce the amount of ultrasonic energy that goes into making liposomes. This process is also known as 'degassing'.

Blend the mixture a final time in the blender, this time the temperature should be higher, **35°C / 95 F**. Pour the liposomal vitamin C into the beaker and cover with some clear plastic wrap.

Next place the beaker in the ultrasonic machine for about **30 minutes** or until the bubbles have been removed, which you can see rising to the top. Do not use the heat button, and make sure it doesn't exceed **35°C / 95 F**.

Now place the beaker with the liposomal vitamin C in the refrigerator for a few hours to cool it down. This step may break down some encapsulation due to excess heat, however, it is necessary to remove the bubbles. The encapsulation will be increased significantly in the next step.

### **Step 4: Make the Liposomes in Ultrasonic cleaner**

Actually, you've already made lots of liposomes! If you don't have an ultrasonic machine you should skip Step 5.

Place your liposomal vitamin C in the beaker into your ultrasonic machine and irradiate it for **30 min, or until reaches 32°C**. Don't use the heater button, and keep checking temperature with thermometer. Once at 32 C, place the beaker back in refrigerator for an hour or so to cool it down. Repeat this process until the liposomal vitamin C has had an hour of ultrasonic irradiation, or 1.5 hours total over Step 3 and 4.

Now place the beaker with the liposomal vitamin C in the refrigerator for a few hours to cool it down.

### **Step 5: Done!**

Notice the more defined line between the bubbles on the top and liquid on the bottom. Skim off the bubbles on the top, pour liposomal C into a glass container and place in your refrigerator.

To test to see if liposomes have formed... take a Tbls of your mixture and add in a little baking soda. If it foams violently, you do not have liposomes.

# What Can Be Treated With Liposomal Vitamin C

Please consult with your doctor and do your own research before taking LVC!

**Reports say it cures UTI's, shortens or prevents colds/flu's, prevents tooth decay, in addition to treating serious conditions like Heart Disease and Cancer, which has good deal of research support. Also heavy metal [detox](#).**

**Facebook User Support Group: [Liposomal Vitamin C](#) This is where these instructions came from.**

[Vitamin C May Be a Potent Adjunct to Cancer ... - Mercola Articles](#) Mar 6, 2017

[60 Minutes: Vitamin C: The Miracle Swine Flu Cure](#) also pneumonia and hairy cell leukemia

Doctors treating Auckland farmer Alan Smith had decided it was time to turn his life support machine off, until a timely intervention by his family and Vitamin C, saved his life.

[Did Liposomal Vitamin C Cure Cancer?](#) This article has lots of info, says 6 grams of LVC is the equivalent of 50 grams IV vitamin C. So you can take more LVC throughout the day for a day or two in case of illness. Wean off gradually, so no artificial drastic lack is perceived by the body.

## Vitamin C treatment for Epstein Barr Virus (EBV)

Most of us have EBV (mono) and it is a big suspect behind a multitude of illnesses, from cancer to autoimmune.

[New Findings with Epstein Barr Virus: The Sleeping Giant ...](#)

Since lipo C gives the same blood levels of IV C, then it should work for cutting back EBV.

Research in 2014 showed amazing results with IV Vit C and vitamin D that stopped EBV infection and viral replication. This study was done with patients who had active elevated EBV antibodies with a diagnosis of Chronic Fatigue Syndrome, mononucleosis, or EBV infection. The simple vitamin was high dose (7.5 grams to 50 grams) infused vitamin C. The vitamin C stopped the infection and replication. Vitamin D, along with therapeutic levels of vitamin C in the blood stream, was associated with lower levels of viral activity. No antiviral drug can do this with the safety of vitamins C and D.

[High dose vitamin C reduces Epstein-Barr viral infection](#) article

[Effect of high dose vitamin C on Epstein-Barr viral infection.](#) Study, May 2014

[Vitamin C Foundation](#) More info, and check forum discussion on liposomal.

[New research shows liposomal vitamin C significantly improves skins elasticity in just 4 weeks](#)

For an extensive list of published medical studies on Vitamin C, see the side bar on the right of this page

<http://qualityliposomalc.com/research/>

[Sunflower Lecithin Health Benefits | Real Raw Food](#)

**Sunflower Lecithin Health Benefits.** Lekithos **Sunflower Lecithin** is a phospholipid based dietary supplement rich in Phosphatidylcholine (PC), Phosphatidylinositol (PI), Phosphatidylethanolamine (PE) and Omega-6 (Linoleic Acid), which are considered beneficial to the brain and nervous system\*.

## More Details

An ultrasonic cleaner vibrates liquid with high frequency sound (25 kHz – 150 kHz). The high frequency vibrations encapsulates, or coats vitamin C particles in a layer of lipid material (liposomes) allowing for easy absorption through cell walls. The encapsulation also protects the ascorbic acid from being destroyed by stomach acid.

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Absorption Facts:

1,000 mg (1 gram) vitamin C tablet or capsule: Absorption 20% = 200 mg into blood stream

1,000 mg Liposomal Vitamin C (1 tbsp Liposomal Encapsulated C): Absorption 80% + = 800 mg + into blood stream

In other words, 1 gram of liposomal encapsulated vitamin C (LEC) is equal to 4 grams + worth of regular vitamin C pills.

**You can make LVC out of either Ascorbic Acid (AA) or sodium ascorbate (SA).**

(Info from discussions in Facebook group)

Ascorbic acid is pure vitamin C and sodium ascorbate is a mineral salt of vitamin c. Thus they are both vitamin c. Sodium ascorbate is less acidic than AA which is more agreeable for some. Gram for gram AA contains more vitamin C than SA. Some sources say SA is more absorbable but I do not know if that is correct. Both are good for you. It's your choice. AS is the usual choice because of the volume of evidence for its use

It depends on what you're using it for. They are different, with different strengths and weaknesses, so you have to chose the one that works best for you. AA is always the best for severe illness, because it's the strongest and true form of C. But it also has an acidic ph of 4.4 that some people think messes with their system too much, if taken in large doses. On the other hand, because it's stronger, you don't have to take it in as large a dose. SA is half the strength of AA, because one of its two hydroxyl electrons is used by the sodium atom. So you have to take twice as much to get the same anti-oxidant effect. The advantage is that it's milder on the system, with a ph in the 6.3 range, almost neutral. Which means you can take a lot more than twice as much without messing with your ph. But it also introduces extra sodium into their system, which for some people is problematic.

Bottom line is you need to talk to someone about what's best for the condition you're treating. A doctor, naturopath, whomever you trust. Both work well, you just need to design a program that works best for you.