



How To Make Liposomal Vitamin C

By Cheryl Hines

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Completely revised and updated - see notes below.

Finally – a way to make liposomal ascorbic acid that is both accessible and affordable. Perfect for all you do-it-yourselfers who want to take charge of your own health.

This is a photo illustrated instruction manual that shows you how to make your own liposomal vitamin C. Cheryl takes you step by step to make a choice of 16 oz. and 48 oz. of ready-to-use vitamin C. You will learn how to make liposomal vitamin C for about \$0.10 a dose which is an amazing savings compared to what is available on the market. You will learn the best form of ascorbic acid to source.

It is a very simple process and once you master it you can save money and boost your health. Cheryl tells you what equipment and supplies you will need as well as the safest form of ascorbic acid that is pH balanced for your body so you can be sure to get the most benefit from it.

It really is not difficult at all. Take charge of your own health!

Updates include: How to test for encapsulation, metric measurements, small and large recipes, information on sunflower lecithin, viability of the end product, a way to make your own buffered sodium ascorbate, as well as discussion of using more or less water.



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