

# Vitamin C Is a Medicine- DIY Exercise

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When Linus Pauling discovered the medicinal value of vitamin C, technology had not evolved to compensate for assessing the size of molecules in the cells of fruit and plants that contain natural vitamin C.

Developing the “vitamin” into a synthetic form did not consider the need for the molecules to be able to enter through the GI barrier to become part of cell surface signaling in the extracellular matter.

Today, dosage of vitamin C as a nutritional supplement is problematic due to the size of the molecules.

Regardless, reduced to the elemental constituents, vitamin C is bioidentical to BRCA-3; i.e. calcium - magnesium - cysteine and the “modulator” for the two additional members of TNF-alpha.

Refer to the following for discussion purposes.

<http://www.mcfip.net/upload/Cell%20Activities%20-%20TNF%20Designations.pdf>