

[Home](#)

2. Ascorbic acid

Ascorbic acid

Generic name: ascorbic acid (vitamin C) [*as-KORE-bik-AS-id*]**Brand names:** Acerola, [Ascorbic Acid Quick Melts](#), [Cemill 1000](#), [C-Time](#), Easy-C, ... [show all 32 brands](#)**Dosage forms:** oral capsule (1000 mg with rose hips; 333.33 mg; 500 mg; 750 mg; with bioflavonoids 500 mg; with citrus bioflavonoids 1000 mg; with citrus bioflavonoids 500 mg), ... [show all 7 dosage forms](#)**Drug class:** [Vitamins](#)[Medically reviewed](#) by Drugs.com on Mar 31, 2025. Written by [Cerner Multum](#).[Uses](#) [Side effects](#) [Warnings](#) [Before taking](#) [Dosage](#) [Interactions](#)

What is ascorbic acid?

Ascorbic acid is used to treat and prevent [vitamin C deficiency](#), including [scurvy](#) (a condition caused by severe [vitamin C](#) deficiency).

Ascorbic acid is also used to support antioxidant activity, healthy tissues and skin, energy storage, heart health, and the immune system.

Ascorbic acid may also be used for purposes not listed in this medication guide.

Ascorbic acid side effects

Get emergency medical help if you have **signs of an allergic reaction**: hives, difficult breathing, swelling of your face, lips, tongue, or throat.

Ascorbic acid may cause serious side effects. Call your doctor at once if you have:

- **kidney problems**--swelling, blood in your urine, painful or difficult urination, pain in your side or lower back, feeling tired or short of breath.

Common side effects of ascorbic acid may include:

- difficult or painful swallowing;
- [headache](#), [heartburn](#); or
- [nausea](#), [vomiting](#), [diarrhea](#), stomach cramps.

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

[Ascorbic acid side effects](#) (more detail)

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Dextrose information from Drugs.com

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Warnings

Follow all directions on the label and package. Use exactly as directed. Tell your healthcare provider if you use other medicines or have other medical conditions or allergies.

Before taking this medicine

You should not use ascorbic acid if you are allergic to it.

Ask a doctor or pharmacist if this medicine is safe to use if you have or have ever had:

- [diabetes](#);
- any type of [cancer](#);

- a planned [surgery](#) or any other medical procedure;
- taken any other medication or have any medical condition;
- if you are on a low-salt or salt-free diet;
- if you smoke or chew tobacco;
- if you drink alcohol;
- a genetic enzyme deficiency called [glucose-6-phosphate dehydrogenase \(G6PD\)](#) deficiency; or
- kidney disease or [kidney stones](#).

Ask a doctor before using this medicine if you are pregnant or breastfeeding.

Do not give this medicine to a child without medical advice.

How should I take ascorbic acid?

Use exactly as directed on the label, or as prescribed by your doctor. Do not use in larger amounts, or for longer than recommended.

The recommended daily dose of ascorbic acid changes with age. Follow your healthcare provider's instructions. You may also consult the Office of Dietary Supplements of the NIH, or the USDA Nutrient Database of recommended daily allowances for more information.

Take with a full glass of water.

You must chew the **chewable tablet** before you swallow it.

Swallow the **extended-release capsule** whole and do not crush, chew, break, or open it.

Measure **liquid medicine** with the supplied measuring device (not a kitchen spoon).

Read and carefully follow the instructions for mixing and taking the **oral powder**.

Mix and stir the **oral powder** with 8 ounces of a glass of water or juice, or add it to smoothies and drink this mixture right away. Do not store the mixture for later use.

Remove an **orally disintegrating tablet** from the package with dry hands only when you are ready to use the medicine. Allow the **orally disintegrating tablet** to dissolve in your mouth without chewing.

Call your doctor if your symptoms do not improve, or if they get worse.

This medicine can affect the results of certain medical tests. Tell any doctor who treats you that you are using ascorbic acid.

Store tightly closed at room temperature, away from moisture and heat.

Ascorbic acid dosing information

Usual Adult Dose for Dietary Supplement:

Oral, IM, IV, subcutaneously: 50 to 200 mg/day.

Usual Adult Dose for Urinary Acidification:

Oral, IM, IV, subcutaneously: 4 to 12 g/day in 3 to 4 divided doses.

Usual Adult Dose for Scurvy:

Oral, IM, IV, subcutaneously: 100 to 250 mg once or twice daily for a minimum of two weeks.

Usual Pediatric Dose for Dietary Supplement:

Oral, IM, IV, subcutaneously: 35 to 100 mg/day.

Usual Pediatric Dose for Urinary Acidification:

Oral, IM, IV, subcutaneously: 500 mg every 6 to 8 hours.

Usual Pediatric Dose for Scurvy:

Oral, IM, IV, subcutaneously: 100 to 300 mg/day in divided doses for a minimum of two weeks.

 [Detailed Ascorbic acid dosage information](#)

What happens if I miss a dose?

Take the medicine as soon as you can, but skip the missed dose if it is almost time for your next dose. **Do not** take two doses at one time.

What happens if I overdose?

Seek emergency medical attention or call the Poison Help line at 1-800-222-1222.

What should I avoid while taking ascorbic acid?

Follow your doctor's instructions about any restrictions on food, beverages, or activity.

What other drugs will affect ascorbic acid?

Other drugs may affect ascorbic acid, including prescription and over-the-counter medicines, [vitamins](#), and [herbal products](#). Tell your doctor about all other medicines you use.

 [Ascorbic acid drug interactions](#) (more detail)

Does ascorbic acid interact with my other drugs?

Enter medications to view a detailed interaction report using our [Drug Interaction Checker](#).

ascorbic acid

+

Enter a drug name

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Patient resources

- [Ascorbic acid \(Intravenous\) advanced reading](#)
- [Ascorbic acid \(Oral\) \(Advanced Reading\)](#)
- [Calcium Ascorbate](#)

Other brands

[Vitamin C](#), [Ascor](#), [Ester-C](#), [Cemill 1000](#), ... +15 more

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- [Ascorbic Acid monograph](#)
- [Ascorbic Acid Injection \(FDA\)](#)

Other brands

[Ascor](#)

Related treatment guides

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- [Dietary Supplementation](#)
- [Scurvy](#)

Further information

Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and use this medication only for the indication prescribed.

Always consult your healthcare provider to ensure the information displayed on this page applies to your personal circumstances.


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Guide to Weight Loss Drugs


Find out everything you need to know about weight loss drugs in our prescription [weight loss drug guide](#).

DRUG STATUS

Availability
 Rx and/or OTC

Pregnancy & Lactation
 Risk data available

CSA Schedule*
N/A Not a controlled drug

Approval History
 Drug history at FDA



User Reviews & Ratings

8.4 / 10

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Images

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