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## Timeless vitamin c review reddit

leonori/Shutterstock For 70 years Vitamin C has been one of the biggest weapons in the skin care industry. It's used to make cleansers, moisturizers, lotions, masks, and serums. So what is this powerful vitamin? How can it benefit you? Why should you use serums that contain Vitamin C? We're here to answer all of those burning questions in this complete guide and reveal the many benefits Vitamin C serums offer for your skin. What Are Vitamin C Serums?There are many variations of Vitamin C, but the most popular is ascorbic acid, a common ingredient in skincare products. However, all the variations of Vitamin C have anti-inflammatory benefits. Vitamin C Serums are products that contain a high level of Vitamin C. They're used to treat wrinkles, sagging skin, lighten dark or red spots, prevent breakouts and even your skin tone. Basically, they battle all of those annoying skin issues. There are loads of products out there that claim they'll save your skin, but some can cause damage. Vitamin C is one of the most revered ingredients and conclusive research has shown how effective it can be. How Are Vitamin C Serums Made?Well so far we've talked about how incredible Vitamin C is and it sounds like a dream come true doesn't it? It's not all good. In fact, the mighty vitamin is unstable when it's exposed to air and light. Other ingredients need to be used to stabilize it and allow it to deliver amazing results. The serums are combined with ferulic acid and Vitamin E. According to researchers the perfect mixture is 15% Vitamin C with 1% Vitamin E and 0.5% ferulic acid. This makes Vitamin C perform to the best of its abilities, without damaging your skin. What Does Vitamin C Serum Do for Your Face?Boosts Collagen Production: Collagen keeps your skin firm and prevents sagging. Environmental factors such as lifestyle choices and pollution can increase the elasticity of your skin, so it's important you try to increase your collagen production. Hydrates Your Skin: Dry skin is a common issue, but Vitamin C can help to give your skin that much-needed moisture boost. Remember, it doesn't work immediately so you need to keep applying the serum to see results. Brightens Your Complexion: Dark spots on your skin are caused by the overproduction of melanin. Vitamin C decreases the production and lightens the dark spots to even out your complexion. Reduces Redness and Inflammation: Conditions such as Rosacea leave many people searching for a magic cure. Vitamin C helps facial redness and inflammation by reducing the appearance of broken capillaries. Why Should You Be Using Vitamin C Serum?Don't think Vitamin C serums are just beneficial for your face. They can also shield you from sun damage and reduce stretch marks. Saves You From The Sun: Prolonged exposure to UV rays can cause long-term damage to your skin. Luckily, Vitamin C is a powerful antioxidant that reduces red sports and prevents sunburn from spreading. Fades Acne Scars: Acne plagues most of us at some point and we look forward to being free. Most of us get stuck with some scars but Vitamin C helps to fade scars and even out any discoloration. Reduces Stretch Marks: Yes, Vitamin C serum can even help prevent those unsightly stretch marks by tightening your skin. Are you ready to change your skin? Add a Vitamin C serum to your beauty regimen and enjoy a glowing complexion. MORE FROM BLOGLINES Hey everyone! I have been seeing a lot of posts and reviews about Timeless Skin Care's Vitamin C serum. I have been using this stuff for months and love it and was wondering what are all the bad reviews about? Until I bought it from Amazon (couldn't resist the price) and now I get it!So here's my advice, only buy this stuff from the Timeless website! Other sellers either are selling fakes or expired products. I absolutely love this stuff and it is a very decent price IMO. It should be clear, not oily, and dry quickly with a nice pleasant scent. Give it another try if you've had a bad experience!The website has occasional sales, I think there's one going right now for 50% off orders over \$75.That's all! I love this sub for all the great advice and I hope this helps too!Page 2 28 comments Hepatitis C, a virus that attacks the liver, is a tricky disease. Some people have it and may never know it as they are affected by any sorts of symptoms. It can remain silent until there is severe damage to your liver. What Are the Symptoms of Hepatitis C? If you were to have symptoms of hepatitis C, what would they look like? Acute hepatitis C is the phase when you are first exposed to the disease. If you have symptoms at all, here are some to look out for, as listed by the Mayo Clinic. These include bruising easily, fatigue, bleeding easily, itchy skin, jaundice or yellowing of the skin, dark-colored urine, confusion and swelling in your legs. Symptoms usually show up between two and 12 weeks after being exposed to the virus and last two weeks to three months, according to the Mayo Clinic. Who Is at Risk to Get Hepatitis C? Hepatitis C is a virus transmitted through the blood from one person to another. Here are some situations that put you at an increased risk of getting the disease as cited by the Mayo Clinic. These include if you have HIV, inject or inhale drugs, are a health care worker who may be exposed to contaminated blood, have been in prison, received a tattoo or piercing from a questionable environment or were born to a woman with hepatitis C. Also, those born between the years of 1945 and 1965 have cause for concern as they are five times more likely to be infected with hepatitis C than people born outside of this time frame. Hepatitis C Treatment Hepatitis C is the leading cause of liver cancer and liver transplants, according to WebMD. It is curable. However, there is no easy fix that works for each person. There are different strands of hepatitis C and, thus, no one pill can treat them all. You and your doctor will have to work together to figure out which antiviral medications are going to work in your particular situation. Most medications can remove all traces of the virus in your blood in about 12 weeks. Preventing Hepatitis C The best and easiest way to prevent getting hepatitis C is to ensure you are making good decisions. Practice safe sex — use a condom. If you use illicit drugs, which you should seek treatment for a litany of reasons, never share needles with other users. Make sure to check the hygienic conditions of a place before you decide to get piercings or a tattoo. Complications From Hepatitis C Hepatitis C can lead to liver cancer. It can also cause cirrhosis of the liver, which creates mass scarring and makes it difficult for the liver to work as it should. This can then lead to complete liver failure and the need for a transplant to stay alive. MORE FROM SYMPTOMFIND.COM Skincare newbie here. Keep hearing about this vitamin C and want to try it! Anyone used it? Did it help and what with?My skin: combo oily/dry, hyperpigmentation and uneven skintone I want to address. Prone to acneWhere in your routine do you incorporate it?Is there another Vitamin C serum you recommend instead and why? Looking for a budget friendly option.I'm in Canada btw. Thanks! Photo Courtesy: Flashpop/DigitalVision//Getty Images Whether in the form of a fizzy drink or flavored lozenges, cold and flu preventative supplements almost always highlight vitamin C as one of their key ingredients. So, what's so magical about vitamin C? Also known as ascorbic acid, vitamin C is critical to living healthily. Since the human body cannot spontaneously generate this nutrient, vitamin C must instead be absorbed from outside sources, such as vitamin supplements or foods that are naturally rich in it.What Does Vitamin C Do?Commonly found in cold and flu preventative supplements, vitamin C strengthens and speeds up immune system functionality. Though research does not indicate that vitamin C intake alone can prevent the onset of cold or flu, adequate daily intake may shorten the duration of an infection or lessen the severity of symptoms. Photo Courtesy: Catherine Falls Commercial/Moment/Getty Images Vitamin C is crucial for the maintenance of well being. For example, it plays a role in wound healing and helps maintain many essential body tissues. It also acts as a potent antioxidant and can repair damage from free radicals, which are linked to aging effects, and disease vulnerability. Additionally, vitamin C can also prevent anemia, since it helps the body increase absorption of dietary iron, another vital mineral that the body cannot spontaneously create. Foods that contain high concentrations of vitamin C have been linked with a lower risk of cardiovascular disease, like heart attack and stroke. Vitamin C can also increase levels of nitric oxide, a compound that widens blood vessels and, in turn, lowers blood pressure. In addition, regular intake of vitamin C, along with other vitamins, has been linked to a decreased risk for developing age-related cataracts, a leading cause of visual impairment in the United States.Common Sources of Vitamin CVitamin C can be easily obtained through the many different foods, including: Photo Courtesy: Akaradech Pramoonsin/Moment/Getty Images Citrus fruits and juices (orange, grapefruit, lemon, lime and tangerine) Berries Melons Mangoes Kiwi Tomato Broccoli Red peppers Spinach Squash Potatoes Cooking these foods may result in the loss of some of the vitamin content, so it is ideal to ingest them raw, either whole or juiced. Nowadays, there are also numerous packaged food products, like cereals, that have been enriched and fortified with vitamin C, so that the nutrient can be easily obtained. Vitamin C may also be labeled as “L-ascorbic acid” in supplement form, and most over-the-counter multivitamins contain the recommended daily amount of the vitamin. While it is a good source when an individual is in need of a vitamin C boost, supplements are not meant to replace a diet rich in naturally derived vitamin C.What Happens When You Have Too Much — or Too Little — Vitamin C?Vitamin C is a water-soluble vitamin that can be easily flushed out of the body via urination when it is not needed. Therefore, if the main source of vitamin C is from naturally occurring foods, it is near-impossible for excess vitamin C to produce side effects. However, taking excessive concentrated vitamin C supplements may lead to diarrhea or stomach upset. Photo Courtesy: Violeta Stoimenova/E+/Getty Images Since vitamin C-rich foods are so readily available nowadays, symptoms of inadequate vitamin C intake are also rare in the United States. However, malnourished individuals can experience symptoms of vitamin C deficiency over time, including: Weakness Fatigue Anemia Easy bruising Joint pain Skin breakdown Weakened tooth enamel Gum inflammation Severe vitamin C deficiency is referred to as scurvy. Scurvy can be easily treated with increased dietary or supplemental vitamin C. Since vitamin C is crucial in the detoxification of the body, a lack of vitamin C can compromise the immune system and make an individual more susceptible to diseases and infections. Individuals with insufficient vitamin C may find that it takes longer than usual to recover from a cold or a physical wound. Daily Dosage Recommendations: The daily dosage recommendation for vitamin C is different for everyone, depending on factors such as gender, age, lifestyle and current health condition. The recommended daily dosage for vitamin C is at least 75 mg daily for women and 90 mg for men. Since people who are pregnant, breast feeding, smoking or using oral contraceptives have a lower blood level of vitamin C than others, larger doses of vitamin C may be needed to achieve optimal results in these individuals. Those who have prior or current medical conditions may also require bigger or smaller dosage levels, as recommended by their healthcare providers. Resource Links: MORE FROM SYMPTOMFIND.COM

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