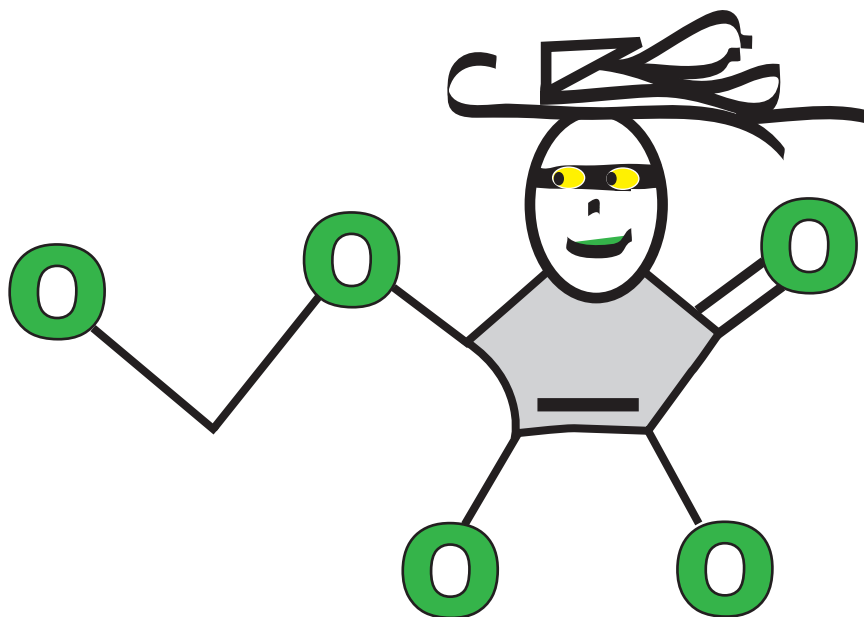


Vitamin C (Ascorb-ate ionizes)

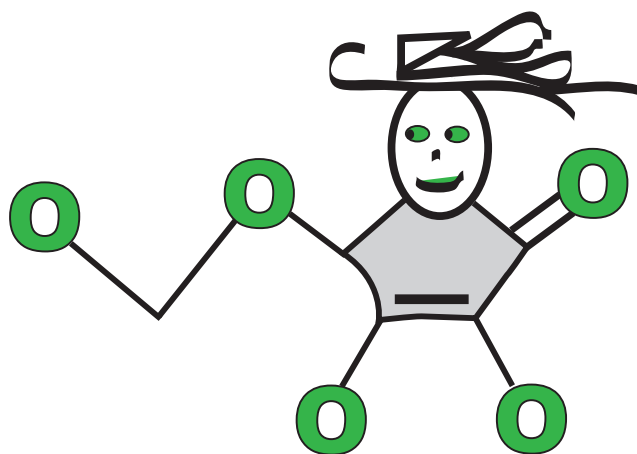
Featuring "Zorro" and the Vitamin C Musketeer

-oxo-L-threo-hexono-1,4- lactone-2,3-enediol or (R)-3,4-dihydroxy-5-((S)- 1,2-dihydroxyethyl)furan-2(5H)-one

S
c
u
r
v
y



F
r
e
e
R
a
d
i
c
a
l
s



THree alcohols, and TWO ethers,
carbon(and 'O') double bond (More O's than C's!)
FOLLOW the e-!

Vitamin C or L-ascorbic acid is an essential nutrient for humans, a large number of higher primate species, a small number of other mammalian species (notably guinea pigs and bats), a few species of birds, and some fish.[1]

Ascorbate (an ion of ascorbic acid) is required for a range of essential metabolic reactions in all animals and plants. It is made internally by almost all organisms, apes and humans being a notable exception. Deficiency in this vitamin causes scurvy in humans.[2][3][4] It is also widely used as a food additive.

The pharmacophore of vitamin C is the ascorbate ion. In living organisms, ascorbate is an anti-oxidant, since it protects the body against oxidative stress,[5] and is a cofactor in several vital enzymatic reactions.[6]