

THE LINGUAL ASCORBIC ACID TEST

by Ronald L. Myers, CNC

Would it be helpful to know your patient's tissue vitamin C status without ordering an expensive laboratory test that their insurance may not pay for? This information can be available to you in your office by using a non-invasive reagent test. If you are not familiar with the Lingual Ascorbic Acid Test (LAAT), read on. This issue of e-Bytes will give you "need-to-know" information that will allow you to begin using this test in your office immediately. (Well, within days of ordering an inexpensive test kit.)

The test was developed by Cheraskin and Ringsdorf in the 1960's. To date, over 50 clinical trials have verified the accuracy of the test. (Citations available on request from DDS Incorporated.)

PERFORMING THE LAAT (LINGUAL ASCORBIC ACID TEST)

The test is extremely simple to perform. A staff person could be trained to do it in minutes. The test procedure is as follows:

First, mix the reagent according to the instructions in the kit or from the web site.

Next—seat the patient where their tongue will be well lit.

Have the patient rinse their month with water.

Grasp patients protruded tongue with a gauze pad and instruct the patient to keep their tongue protruded until the test is completed.

With a gauze pad dry the patient's tongue from the anterior to the middle one third, do not air dry the tongue. While drying the tongue, stroke the papillae so that they stand erect.

Select an area to the left or right of the midline of the tongue to place one drop of the reagent.

The correct drop size will be assured by holding the test vial at a 45-degree angle to the tongue.

INTERPRETING THE LAAT

The interpretation of the LAAT is based on the *time* it takes for the reagent to completely disappear. The reagent solution (2,6 dichloroindophenol sodium) is reduced by vitamin C. Begin timing with a stopwatch or second hand as soon as the reagent touches the tongue.

20 seconds or less—adequate

20-25 seconds—marginal

>25 seconds—vitamin C deficit.

BENEFITS OF THE LAAT

The LAAT is a non-invasive, inexpensive test that will allow you to determine vitamin C status in your patients within seconds. For patients presenting with a vitamin C deficit, serial tests can be preformed as needed to track their progress in rebuilding tissue vitamin C status.

A number of factors in our lifestyle contribute to vitamin C deficit. A few of these are smoking which can result in a 50% decrease in intestinal absorption of vitamin C. Aspirin and oral contraceptive use also deplete us of ascorbate. Throw into the mix trauma, wound healing, surgery, psychological stress, pregnancy, addictions, alcoholism, toxic chemicals, ingestion of steroids and other drugs and we can see the value of regular evaluation of vitamin C status. Commercial food handling can result in loss of vitamin C due to transportation, storage, processing, freezing, thawing, cooking and the time between cooking and the food actually being eaten. For many foods, the total cumulative vitamin C loss is from 50 to 95%.

Remember, humans (and Guinea pigs-no pun intended) cannot survive without vitamin C, which our body cannot produce internally; we must get it from our diet or food supplements.

Mega doses of vitamin C have antiviral properties. Research has shown that mega doses of vitamin C can allow immediate and complete withdrawal from heroin without physical or psychological symptoms.

TO ORDER THE LAAT

For more information on the LAAT or to order a test kit go to www.vitaminctest.com. Or you can reach them by telephone at **(800) 435-9352**. The LAAT was developed by DDS Incorporated in conjunction with Dr. Emil Cheraskin and Dr. William Ringsdorf.

VITAMIN C FROM BRC

Biotics Research Corporation (BRC) provides vitamin C in a number of forms. For a complete list of BRC products containing vitamin C, see the Primary Ingredient Index in the back of the BRC Catalog. Products containing vitamin C which can be used to produce therapeutic levels are **Bio C Plus**, **Bio C Plus 1000** and **Mixed Ascorbate Powder**.

Bio C Plus provides 500mg of vitamin C and 100mg of citrus bioflavonoids.

Bio C Plus 1000 provides 850mg of vitamin C, 50mg of calcium ascorbate and 100mg of citrus bioflavonoids.

Mixed Ascorbate Powder provides vitamin C in easy to use powdered form, excellent for small children and the elderly.

Patients may need from 100mg to 8000mg of vitamin C per day to regain adequate tissue levels.

Available from Viotron International, Ltd
(800) 437-1298