

Vitamin C Buying Cheat Sheet

Quick Reference

- L-Ascorbic Acid

Most studied form, pH 3.5, oxidises fast, real penetration

- Ascorbyl Glucoside

Stable, gentle, slower conversion to L-AA on skin

- Tetrahexyldecyl Ascorbate (THD)

Oil soluble, stable, deeper penetration into lipid layer

- Magnesium Ascorbyl Phosphate

Stable, very gentle, weaker direct effect

Facts to remember

- * L-ascorbic acid only stays effective in the bottle if pH is below 3.5 and packaging blocks light and air.
- * A 15 percent L-AA serum that has gone yellow is no longer doing what you paid for.
- * Drugstore vitamin C often uses derivatives that are gentler but require enzymatic conversion in the skin to work.
- * Studies show L-AA pairs strongly with vitamin E and ferulic acid, extending stability and effect.
- * Medical grade is not a regulated term in Canada; it is industry shorthand for higher concentration and tighter formulation.

