

BEAUTY

What Is the Best Vitamin C Supplements to Take? Nutritionists Weigh In

BY CONÇETTA CIARLO

August 16, 2025





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You may not realize it, but the best vitamin C supplements have likely already made a quiet entrance into your wellness routine—perhaps in the form of a fizzy Emergen-C packet on a pre-dawn flight or a quick immune boost during the colder months. But this humble nutrient does far more than just soften the blow of jet lag or common cold sniffles. Daily intake is essential to skin vitality, immune resilience, and overall metabolic function—and no, levels of vitamin C can't be maintained just from chugging a glass of orange juice every morning. When curating your daily dietary supplement lineup, this powerhouse ingredient deserves far more than a passing glance.

“Vitamin C is an antioxidant [and has] anti-inflammatory, wound healing, skin integrity, and iron-absorption [properties],” board-certified medicine physician Elizabeth Sharp previously told *Vogue*. “[It] is essential for the production and maintenance of collagen synthesis (which is vital for skin), cartilage, tendons, ligaments, and blood vessels.”

Vogue's Favorite Vitamin C Supplements

Featured in this article



Best for Sensitive Stomachs

Liposomal Vitamin C Supplement

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Best Time Release

Solaray Time Release Vitamin C

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\$35
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Best for Skin Health

Thorne Vitamin C with Flavanoids

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Best Liposomal

Cymbiotika Liposomal Vitamin C

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CYMBIOTIKA



Best Drugstore

Nature Made Extra Strength Vitamin C

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always offer enough of these nutritional overachievers. Enter supplementation—a streamlined, efficient way to ensure you're reaping the full-body benefits of this multitasking molecule.

“The roles of vitamin C supplementation can be especially beneficial during times of increased physical or emotional stress, after illness, or when skin health and collagen preservation are a priority,” says board-certified nurse practitioner Vanessa Coppola. “Clinically, I also see benefits in post-procedure recovery, as vitamin C supports tissue repair and healthy inflammation response.”

In other words: If glowing skin, a stronger immune system, and inner vitality are of importance to you, consider this your cue to look into the best vitamin C supplements. Scroll to find our favorite formulas, with expert medical advice along the way.

In This Story:

- [The different types of vitamin C](#)
- [The benefits of taking vitamin C](#)
- [Who should take vitamin C supplements?](#)
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Best Time Release: Solaray Time Release Vitamin C



SOLARAY

Time Release Vitamin C

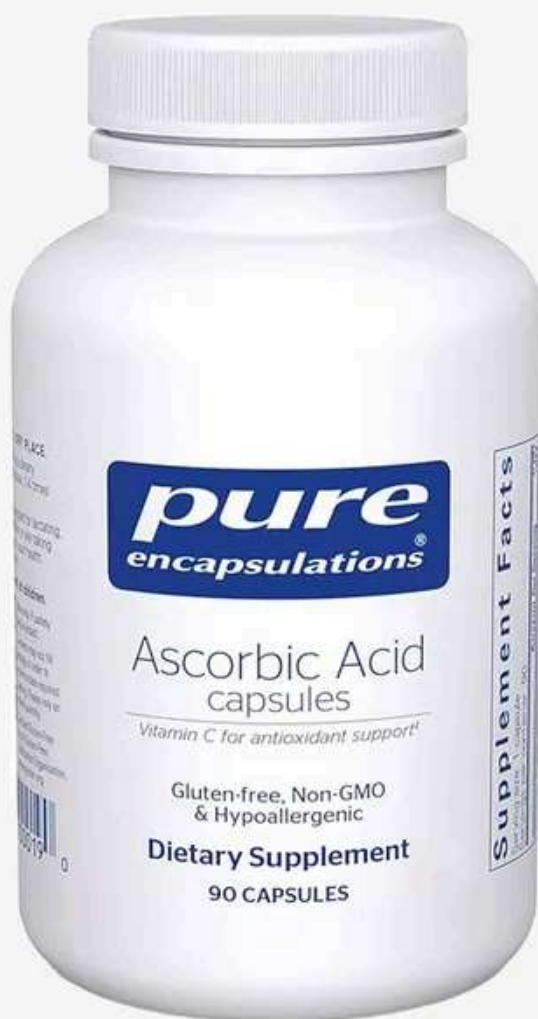
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Solaray's ingenious two-stage time-release system. It delivers half the 1,000 mg immediately and the rest gradually for up to 12 hours of steady, skin-supporting, immune-boosting nourishment. "This is a reliable, straightforward option for those who want a high-potency dose," says Coppola. "This [works] well for general immune and antioxidant support, though large doses can sometimes cause digestive upset in sensitive individuals." Meaning: Don't consume it on an empty stomach. Enhanced with rose hip and acerola—natural vitamin C powerhouses—this formula is a quiet multitasker that helps support collagen, blood vessel integrity, antioxidant defense, and more.

- **Type of Vitamin C:** Ascorbic acid, vitamin C-rich rose hip, and acerola cherries
- **Serving:** 1,000 mg
- **Serving Size:** One capsule per day
- **Form:** Capsule
- **More to Know:** Vegetarian; soy-free

Best Vegetarian: Pure Encapsulations Ascorbic Acid Capsules



PURE ENCAPSULATIONS

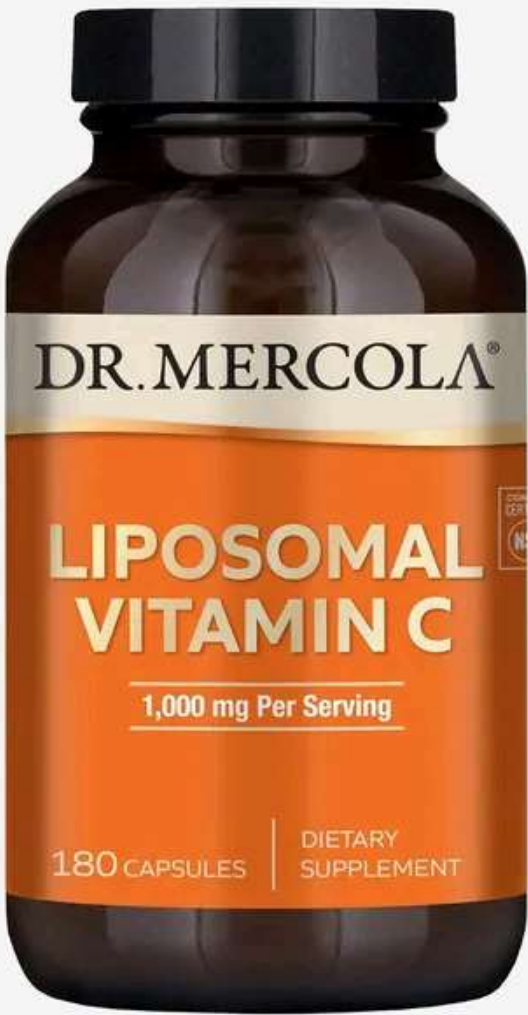
Ascorbic Acid Capsules

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demand purity without the puff. Pure Encapsulations delivers a bold 1,000 mg of vitamin C in each vegetarian capsule, harnessing just the essentials to support vibrant skin, immunity, and collagen formation—no clutter, no compromise. It's clean, it's potent, and it quietly elevates your daily wellness ritual with the confidence of science-backed simplicity.

- **Type of Vitamin C:** Ascorbic acid
- **Serving:** 1,000 mg
- **Serving Size:** One capsule per day
- **Form:** Capsule
- **More to Know:** Vegetarian; soy-free; gluten-free

Best for Sensitive Stomachs: Dr. Mercola Liposomal Vitamin C



Liposomal Vitamin C Supplement

\$40
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a silky layer of sunflower-derived pill casing for more efficient digestion. The payoff: higher absorption of vitamin C with none of the usual gastrointestinal fuss, giving your skin, collagen, immunity, and cells a front-row seat to the benefits.

“This is an excellent option for those needing maximum absorption and gentleness on the stomach,” says Coppola. “The liposomal delivery can be particularly helpful for individuals with digestive sensitivities or those looking for higher plasma vitamin C levels without GI discomfort.”

- **Type of Vitamin C:** Liposomal
- **Serving:** 1,000 mg
- **Serving Size:** One tablet daily
- **Form:** Tablet
- **More to Know:** Non-GMO; gluten-free; soy-free

Best Drugstore: Nature Made Extra Strength Vitamin C



NATURE MADE
Extra Strength Vitamin C

~~\$16~~ \$10 (38% OFF)

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available at most drugstores or supermarkets. Crafted without artificial colors, flavors, or preservatives, it gets a nod of approval from United States Pharmacopeia (USP) testing and pharmacists alike.

- **Type of Vitamin C:** Ascorbic acid
- **Serving:** 1,000 mg
- **Serving Size:** One tablet daily
- **Form:** Tablet
- **More to Know:** Gluten-Free

Best for Skin Health: Thorne Vitamin C with Flavonoids



THORNE
Vitamin C with Flavanoids

\$23
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bioflavonoids—nature's own antioxidant entourage—to amplify potency. I like Thorne's vitamin C for its synergistic blend. Bioflavonoids help enhance absorption and extend antioxidant activity, making this a good choice for skin health and vascular support," says Coppola. The formulation boosts free-radical defense while supporting collagen production, immune resilience, and even liver detox—all without the filler.

- **Type of Vitamin C:** Ascorbic acid
- **Serving:** 500 mg of vitamin C + 75 mg citrus bioflavonoids per capsule
- **Serving Size:** One capsule daily
- **Form:** Vegetarian capsule
- **More to Know:** Soy free; gluten-free

Best Liposomal Powder: Cymbiotika Liposomal Vitamin C



CYMBIOTIKA
Liposomal Vitamin C

\$62
CYMBIOTIKA

daily sachet engineered for both performance and pleasure. Each 1,000-mg dose—crafted from 80% ascorbic acid and 20% sodium ascorbate—comes in liposomal format to optimize absorption. The addition of biotin lends a beauty-first edge, supporting skin, hair, and nail resilience,. The citrus-vanilla flavor is refreshing, and the formula is entirely free of gluten, soy, and added sugar.

- **Type of Vitamin C:** Liposomal
- **Serving:** 1,000mg
- **Serving Size:** One 15-ml pouch
- **Form:** Powder sachets
- **More to Know:** Gluten-free; keto; plant-based; artificial-flavor-free, preservative-free; non-GMO; soy-free

Best Vegan: Sports Research Vitamin C



SPORTS RESEARCH
Vitamin C 1000mg

\$23
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Research capsule is crafted with a vegan-friendly, gluten-free, and soy-free formula, ensuring purity without unnecessary additives. Manufactured stateside in a Current Good Manufacturing Practices (CGMP) compliant facility, this supplement offers a straightforward option for those seeking a once-daily intake of vitamin C.

- **Type of Vitamin C:** Ascorbic acid
- **Serving:** 1,000 mg
- **Serving Size:** One capsule daily
- **Form:** Capsule
- **More to Know:** CGMP compliant; vegan-certified; non-GMO

Best Drugstore Powder: Emergen-C Vitamin C Powder



EMERGEN-C

Vitamin C Powder

\$13

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equivalent to more than 10 oranges—delivered in a fizzy, effervescent drink mix.

Each serving is enhanced with B vitamins, zinc, and manganese to support immune function and energy metabolism. The formula is available in various flavors, including Super Orange, Raspberry, and Tangerine, and is free from artificial sweeteners, making it a convenient and flavorful option for anyone who needs a quick and effective vitamin C boost.

- **Type of Vitamin C:** Ascorbic acid, zinc ascorbate
- **Serving:** 1,000mg
- **Serving Size:** One packet (9.1 g)
- **Form:** Powdered drink mix
- **More to Know:** Vegetarian; gluten-free

Best High Dosage: Codeage Liposomal Vitamin C With Zinc



CODEAGE
Liposomal Vitamin C+

\$40
AMAZON

pure, highly absorbable ascorbic acid paired with 15 mg of zinc for immune support. A blend of citrus bioflavonoids, elderberry, rose hip, quercetin, and alpha-lipoic acid adds antioxidant power and supports collagen health. Encapsulated in liposomes using sunflower-derived phosphatidylcholine, it's designed for maximum absorption. "One thing to note is that some people report an upset stomach when taking high doses over 1000 mg a day of vitamin C," says board-certified dermatopathologist Dr. Brendan Camp. Taking this pick with a hardy meal is recommended, though those with a sensitive gut should opt for a lower dosage.

- **Type of Vitamin C:** Liposomal
- **Serving:** 1,500 mg
- **Serving Size:** One capsule daily
- **Form:** Capsule
- **More to Know:** Vegan; non-GMO; free from dairy, gluten, and soy

Everything You Need to Know

The different types of vitamin C



The benefits of taking vitamin C



Who should take vitamin C supplements?



Meet the experts



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Concetta Ciarlo is *Vogue's* beauty commerce writer (but she also dabbles in living, culture, and music stories). Ciarlo has been a beauty aficionado from her early age of sneaking into her mother's makeup drawer and smearing Joker-esque lipstick on her face. In her spare time, she's hunting for vintage fashion ... [Read More](#)



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Three models are shown in a fashion show setting. The model on the left is wearing a bright green, strapless, sequined dress. The model in the center is wearing a light blue, short-sleeved shirt. The model on the right is wearing a dark, patterned, long-sleeved top. They are all looking towards the camera.

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