

BEST REVIEWS

Liposomal vitamin C vs. vitamin C



Alvina Wang/BestReviews



By **BESTREVIEWS**

PUBLISHED: February 16, 2026 at 11:22 PM EST | UPDATED: February 20, 2026 at 8:03 AM EST

What's the difference between liposomal vitamin C and vitamin C?

It is important to monitor your health so you know when to give your body the boost it needs against infection and disease. Vitamin C supplements protect your body and nurture your immune system to create a stronger you. Both vitamin C and liposomal vitamin C are great for your health, but what's the difference between the two?

Vitamin C helps boost your immune system and create tissues in your body. It is essentially a healing agent for your cells. Liposomal vitamin C, however, includes liposomes, which have their own added benefits. How do you decide which supplement is best for you?

Liposomal vitamin C

Liposomes are the essential additive that can be used to increase the process by which a vitamin is absorbed. According to the [National Institutes of Health](#), the liposomes included in this type of vitamin C allow the nutrient to slide into your cells at a more productive rate. This creates greater absorption, connecting vitamin C directly to the cell membrane.

Additionally, liposomes also bring with them phospholipids, an essential fat that your body can't produce on its own. This means that in order to obtain it, we need to consume it in our diet. Phospholipids function as cell support, promoting cell function and optimizing the effects of vitamin C.

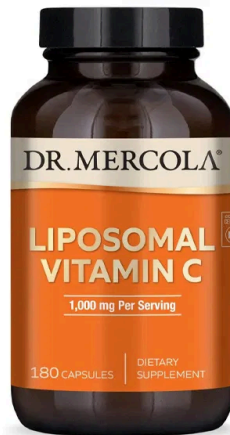
Liposomal vitamin C pros

The absorption rate of liposomal vitamin C is much greater than that of vitamin C alone. This means it takes effect at a much faster rate, and more of the vitamin soaks into the cell. Liposomes create a pathway to the cell lined with phospholipids, which are also beneficial to your body. These phospholipids assist in maintaining cells and tissues all over the body.

Liposomal vitamin C cons

When it comes to supplements, you can never know enough about the manufacturer. A problem with liposomal vitamin C is that there is no promise that the supplement will work exactly as it's intended. Furthermore, since liposomal vitamin C absorbs faster, the side effects of too much vitamin C can have a quicker onset.

What are the best liposomal vitamin C supplements to buy?



[Dr. Mercola Liposomal Vitamin C, 1,000 Milligrams](#)

These supplements are GMO-free, gluten-free and soy-free. There are 90 servings of immune support per bottle.



[LiveOn Laboratories Lypo-Spheric Vitamin C](#)

This box comes with 30 packets of Vitamin C at 1,000 milligrams. The liposomal-encapsulated Vitamin C allows more of it to be absorbed into the body per serving.

Vitamin C

One of the most popular and well-known supplements, [vitamin C](#) is great for your body's overall healing mechanisms. Vitamin C is well-documented as an immune system booster. It is taken daily by many who seek its preventative benefits, and when there is a bug going around, vitamin C can help defend against it.

According to the [Mayo Clinic](#), vitamin C not only helps fight colds, but it also protects the body from dangerous toxins, such as smoke and radiation. Negative effects of natural radiation can be reduced by taking it. Vitamin C is also an antioxidant, which means it combats heart disease and various other cell-related diseases.

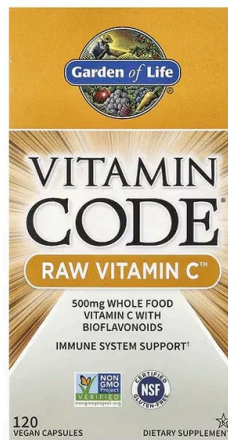
Vitamin C pros

Vitamin C is an essential nutrient that is loaded with health benefits. The [Mayo Clinic](#) reports that vitamin C protects your body from cancer and your eyes from disease, all while helping your body absorb iron. It also supports your immune system and provides you with the ability to fight off colds.

Vitamin C cons

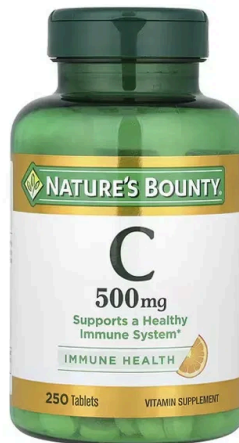
When too much is taken, vitamin C can have some side effects. Nausea, headache and heartburn are among the symptoms you might experience from a vitamin C overdose. It is important to talk to your doctor if you are feeling severely ill after taking vitamin C supplements. An overdose of vitamin C can cause kidney stones and other infections.

What are the best Vitamin C supplements to buy?



[Garden of Life Vitamin Code Raw Vitamin C](#)

These raw 250-milligram capsules are vegan and cruelty-free. For a daily dose of immune system support, take two supplements per serving.



[Nature's Bounty Vitamin C, 500 Milligrams](#)

Take one of these up to four times daily to support a healthy immune system. They are GMO-free, gluten-free, sugar-free and contain no artificial colorings.

Should you get liposomal vitamin C or vitamin C?

The simple difference between liposomal vitamin C and regular vitamin C is that liposomes help absorb it better into your tissues. When you take a vitamin C supplement, it is absorbed into your bloodstream, but liposomes take it straight to the cells. According to the [National Institutes of Health](#), this difference in liposomes does allow for the supplement to have a greater effect, delivering vitamin C.

Each supplement has a separate pathway in assisting the immune system but ultimately, you are getting the best bang for your buck with liposomal vitamin C. It essentially boosts the vitamin C absorption in your body and provides you with more health benefits.

Prices listed reflect time and date of publication and are subject to change.

Check out our [Daily Deals](#) for the best products at the best prices and sign up [here](#) to receive the BestReviews weekly newsletter full of shopping inspo and sales.

BestReviews spends thousands of hours researching, analyzing and testing products to recommend the best picks for most consumers. BestReviews and its newspaper partners may earn a commission if you purchase a product through one of our links.

Distributed by Tribune Content Agency, LLC.

MORE FROM OUR NEWSROOM



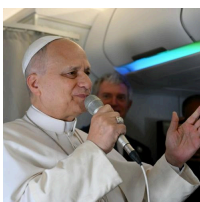
8 shot at Virginia Beach Oceanfront Saturday night

Sunday, April 12



Williamsburg-area animal shelter looks for adopters, fosters, as maintenance wo...

Friday, April 10



Trump says he won't apologize to Pope Leo and explains his reason for...

Monday, April 13



A 9-year-old was found locked in a van since 2024, malnourished and unable t...

Saturday, April 11



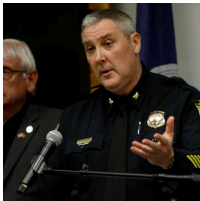
Trump says that ‘effective immediately’ the US will start to blockade ships trying to...

Sunday, April 12



Gretchen’s table: Break out the air fryer for a chicken sandwich with a soy and...

Friday, April 10



Oceanfront violence unfolded in seconds Saturday night, police chief says

Monday, April 13



Body found floating in lake behind Riverside Regional Medical Center

Monday, April 6



Spanberger acts on bills in final hours before Monday night deadline

Monday, April 13



Body found in Newport News lake is missing 16-year-old Menchville High student,...

Thursday, April 9



Spanberger signs into law slate of education bills, including prohibition of...

Wednesday, April 8



TMZ ‘tipped’ Nancy Guthrie is dead after being seen in Mexico

Monday, April 6

2026 > February > 16