Ascorbic Acid (Vitamin C), first demonstrated to strengthen immunity in 1942, plays multiple important roles in health. In his book *Reishi: Ancient Herb for Modern Times*, Kenneth Jones reports: “Vitamin C reduces the high molecular weight of polysaccharides. As Vitamin C breaks up these sugars, their viscosity or stickiness drops and their bioavailability increases. Once the polysaccharides are reduced ... they are rendered more accessible to the immune system cell called the ‘macrophage.’” When this immune cell becomes activated, an array of other defenders is signaled to go into action to protect the body against disease. Examples of other benefits include: 1) maintenance of oral mucosal integrity; 2) erythropoietic (red blood cell) activity; 3) supports health of endothelial cells (lining of blood and lymphatic vessels, heart, eye, and body cavities); 4) iron absorption; 5) leukocyte function; 6) support of natural killer cell activity and T and B cell function; 7) statistically significant increase in the serum levels of IgA, IgM and C-3 complement; and 8) significant synergistic enhancement of immune benefits offered by maitake mushroom fraction-D.