

Types of Vitamin C

CHEAT SHEET



Editor's Note

I created this resource to help familiarize you with the types of vitamin C found in skincare products. While the active form of vitamin C is considered the "gold standard" for brightening, antioxidant protection, collagen production and more, it's also notoriously unstable and often irritating. That's why you might consider one of the many vitamin C derivatives—they gently deliver similar benefits and have greater stability. With this cheat sheet, you'll be able to identify vitamin C in ingredients lists and make an informed choice about which type to use in your routine.

Michelle

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Vitamin C	Best For	Details	Products
Aminopropyl Ascorbyl Phosphate	<ul style="list-style-type: none"> • Antioxidant protection • Brightening • Evening out skin tone • Fading dark spots and hyper-pigmentation 	<ul style="list-style-type: none"> • A derivative of vitamin C • Soluble in water • Stable • Less potent than L-Ascorbic Acid • Less proven than other vitamin C derivatives 	<u>Glossier Super Glow</u>
Ascorbyl Glucosamine	<ul style="list-style-type: none"> • Antioxidant protection • Brightening 	<ul style="list-style-type: none"> • A derivative of vitamin C • Soluble in water • Stable • Less potent than L-Ascorbic Acid and other vitamin C derivatives 	Not recommended (other forms of vitamin C are more effective)
Ascorbyl Glucoside	<ul style="list-style-type: none"> • Antioxidant protection • Brightening • Evening out skin tone • Fading dark spots and hyper-pigmentation 	<ul style="list-style-type: none"> • A derivative of vitamin C • Soluble in water • Very stable • Less potent than L-Ascorbic Acid 	<u>The Ordinary Ascorbyl Glucoside Solution 12%</u>

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Ascorbyl Methylsilanol Pectinate	<ul style="list-style-type: none"> • Antioxidant protection 	<ul style="list-style-type: none"> • A derivative of vitamin C • Soluble in water • Stable • Less potent than L-Ascorbic Acid 	<u>Dermalogica BioLumin-C Serum</u>
Ascorbyl Palmitate	<ul style="list-style-type: none"> • Antioxidant protection 	<ul style="list-style-type: none"> • A derivative of vitamin C • Soluble in oil • Very unstable (oxidizes quickly when exposed to light and air) • Less potent than L-Ascorbic Acid and other vitamin C derivatives 	Not recommended (other forms of vitamin C are more effective/stable)
Ascorbyl Tetraisopalmitate / Tetrahexyldecyl Ascorbate	<ul style="list-style-type: none"> • Antioxidant protection • Brightening • Evening out skin tone • Fading dark spots and hyper-pigmentation • Boosting collagen production 	<ul style="list-style-type: none"> • A derivative of vitamin C • Soluble in oil • Very stable • Penetrates more deeply than L-Ascorbic Acid • Less potent than L-Ascorbic Acid • May be irritating 	<u>Joanna Vargas Rescue Serum</u>

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Bis-Glyceryl Ascorbate / Glyceryl Ascorbate	<ul style="list-style-type: none"> • Antioxidant protection • Brightening • Evening out skin tone • Hydrating 	<ul style="list-style-type: none"> • A derivative of vitamin C • Soluble in water • Very stable • Less potent than L-Ascorbic Acid 	<p><u>Tatcha Violet-C Brightening Serum</u></p>
Calcium Ascorbate	<ul style="list-style-type: none"> • Antioxidant protection 	<ul style="list-style-type: none"> • A derivative of vitamin C • Soluble in water • Stable • Less potent than L-Ascorbic Acid 	<p><u>Jason C-Effects Hyper-C Serum</u></p>
Ethyl Ascorbic Acid / 3-O-Ethyl Ascorbic Acid	<ul style="list-style-type: none"> • Antioxidant protection • Brightening • Evening out skin tone • Boosting collagen production 	<ul style="list-style-type: none"> • A derivative of vitamin C • Soluble in both water and oil • Very stable • Less potent than L-Ascorbic Acid • Less proven than other vitamin C derivatives 	<p><u>Dermadoctor Kakadu C Serum</u></p> <p><u>Hylamide C25 Stabilized Vitamin C Booster</u></p> <p><u>NIOD Ethylated L-Ascorbic Acid 30% Network</u></p> <p><u>The Ordinary Ethylated Ascorbic Acid 15% Solution</u></p>

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L-Ascorbic Acid / Ascorbic Acid	<ul style="list-style-type: none"> • High antioxidant protection • Brightening • Evening out skin tone • Fading dark spots and hyper-pigmentation • Boosting collagen production • Reducing fine lines and wrinkles 	<ul style="list-style-type: none"> • The active form of vitamin C • Soluble in water • Very unstable (oxidizes quickly when exposed to light and air) • Well proven in clinical studies • Works best when combined with vitamin E and ferulic acid • May be irritating • Serums should be used up within 3 months of opening • Dry powders will last at least 12 months 	<p><u>Drunk Elephant C-Firma Day Serum</u></p> <p><u>Lixirskin Vitamin C Paste</u></p> <p><u>Paula's Choice C15 Super Booster</u></p> <p><u>Philosophy Turbo Booster C Powder</u></p> <p><u>SkinCeuticals C E Ferulic</u></p> <p><u>SkinCeuticals Phloretin CF</u></p> <p><u>The Ordinary 100% L-Ascorbic Acid Powder</u></p> <p><u>Timeless 20% C + E + Ferulic Acid Serum</u></p> <p><u>True Botanicals Vitamin C Booster</u></p>

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Magnesium Ascorbyl Palmitate	<ul style="list-style-type: none"> • Antioxidant protection 	<ul style="list-style-type: none"> • A derivative of vitamin C • Soluble in water • Unstable (oxidizes when exposed to light and air) • Less potent than L-Ascorbic Acid and other vitamin C derivatives 	Not recommended (other forms of vitamin C are more effective/stable)
Magnesium Ascorbyl Phosphate	<ul style="list-style-type: none"> • Antioxidant protection • Brightening • Evening out skin tone • Fading dark spots and hyper-pigmentation • Boosting collagen production • Hydrating 	<ul style="list-style-type: none"> • A derivative of vitamin C • Soluble in water • Very stable • Less potent than L-Ascorbic Acid 	<p><u>Glowbiotics MD Advanced Vitamin C Brightening Serum</u></p> <p><u>Skin Inc Supplement Bar Vitamin C Serum</u></p> <p><u>Youth to the People Superfood Firm and Brighten Serum</u></p>

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Sodium Ascorbyl Phosphate	<ul style="list-style-type: none">• Antioxidant protection• Brightening• Evening out skin tone• Fading dark spots and hyper-pigmentation• Treating acne	<ul style="list-style-type: none">• A derivative of vitamin C• Soluble in water• Very stable• Has anti-microbial and anti-inflammatory properties• Does not penetrate as well as L-Ascorbic Acid• Less potent than L-Ascorbic Acid	<p><u>Mad Hippie Vitamin C Serum</u></p> <p><u>Skin Design London C Antioxidant Glow</u></p>