Mandarin Wellness Center Shirley Hartman, M.D.  
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**Vitamin “C” Eyedrops**

For eye irritation from allergies or viral conjunctivitis (red irritated eyes, perhaps with itching, and minimal drainage). If heavy yellow or green drainage is present other than on first waking, bacterial conjunctivitis is present and needs antibiotic eye drops.

**Supplies needed for making:**

-Sodium Ascorbate (Buffered Vitamin C)

-Dropper bottle

-Distilled or filtered water

**Directions:**

1. Mix ¼ tsp (3 - 4 pinches) Buffered Vitamin C in a small Dropper Bottle (10-15 mL) with Distilled or Filtered Water.
2. Use one or two drops in each eye every few hours as needed.

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