

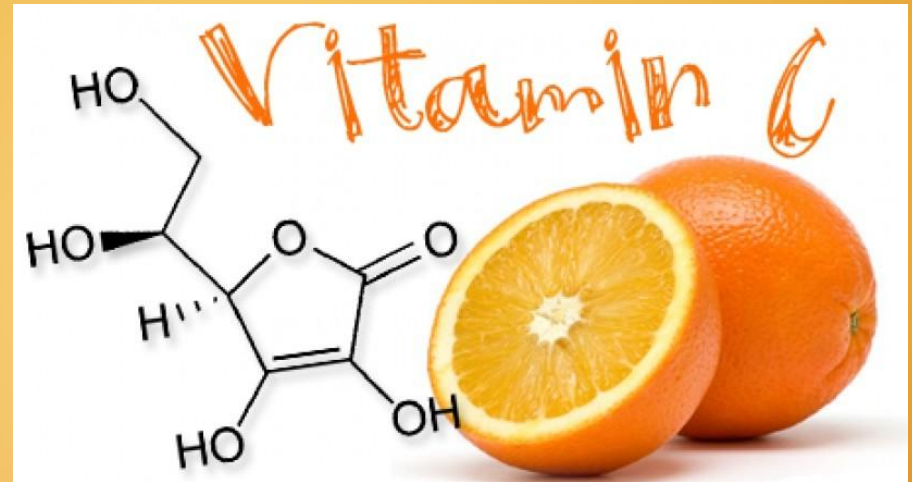
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Vitamin C (ascorbic acid)



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Vitamin C



Our body can not produce vitamin C, so it is very important to include in the daily diet more foods containing vitamin C.

Vitamin C

Beneficial features:

- ✓ Improves the health of teeth
- ✓ Prevents avitaminosis
- ✓ Increases immunity
- ✓ Strengthens the blood vessels



Vitamin C

Ascorbic acid in a significant amount is found in plant foods, citrus fruits, vegetables, leaf.



Vitamin C

Symptoms of Vitamin C deficiency:

- Dryness of the skin



- Gum bleeding



- Tooth loss



- Hair loss



- Insomnia



Vitamin C

Lack of vitamin C leads to:

- loss of skin elasticity,
- decreased immunity,
- lethargy,
- muscle aches



With acute monoavitaminosis, gums can bleed and teeth fall out, cardiac and vascular diseases can develop.

Vitamin C

Ascorbic acid is found in:



Melon



Cauliflower



Strawberry



Currant



Citrus



Peach



Tomatoes



Bulgarian pepper

Vitamin C



Egg yolk



Mackerel



Beef liver



Milk, cheese, butter



Herring

Vitamin C

Ascorbic acid is found in:



Parsley



Mint



Hop

Nettle



Raspberry leaves

Thank you for attention!

