Vitamin C

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INTRODUCTION

- Vitamin C, or L-ascorbic acid, is a water-soluble essential vitamin. It is a very popular dietary supplement due to its antioxidant properties,safety, and low price.

IMPORTANCE

Vitamin C has a range of functions in the body, are among the most important collagen formation, which is a substance necessary for bones, ligaments, tendons, muscles, skin, and blood vessels. Therefore, appropriate levels of ascorbic acid are necessary, for example, for proper wound healing.

Vitamin C

Cure for the common cold

Protection against immune system deficiencies

Prevents cardiovascular disease

Maintains Healthy Skin & Wrinkling

Important for Eye Health

Prevents cancer and stroke

Essential for the body to make collagen

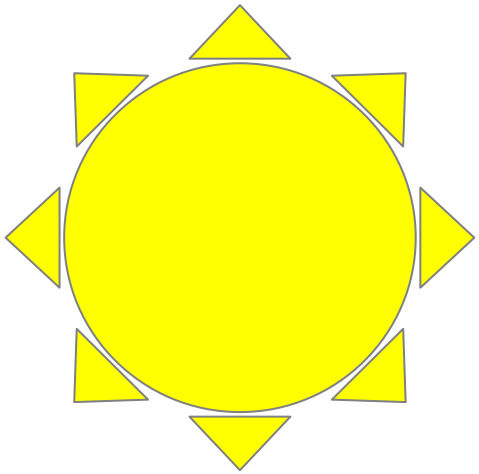
Food High In Vitamin C:

Papaya, Cantaloupe, Bell Peppers, Brussle Sprouts, Guavas, Kiki fruit, Strawberries, Oranges, Broccoli, Pineapple, Kale, Red & Green Chili Peppers, Fresh Herbs, Cauliflower, Berries, Pineapple.

SOURCES

Vitamin C is available in abundance in many natural sources, including fresh fruits and vegetables. The richest sources include:

- Indian gooseberry (700 mg/100 g)
- citrus fruits, such as limes, oranges and lemons
- tomatoes and tomato juice
- potatoes
- green and red peppers
- kiwifruit, strawberries and cantaloupes
- green leafy vegetables such as broccoli
- fortified cereals



Vitamin C content in food is reduced by cooking, as well as during long periods of storage. Cooking losses may be lowered by steaming or microwaving.

It is suggested that a daily intake of about 90 mg of vitamin C for males and 75 mg for women.

Potatoes
Kiwi
Citrus Fruits
Cherries
Blackcurrants
Pineapple
Cauliflower
Strawberries
Kale

TEN SYMPTOMS OF VITAMIN C DEFICIENCY

1. Easy Bruising
2. Bleeding gums
3. Tiredness
4. Trouble fighting infections
5. Rapid mood changes
6. Irritability
7. Dry hair and skin
8. Muscle & joint pain
9. Poor healing wounds
10. Tooth Loss

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Poisoning by vitamin C

Since Vitamin C is a water soluble vitamin, its excess is easily removed from the body by the kidneys. People who take daily vitamin C tablets, eliminate most of this in the urine.

Doses up to 1.5 grams per day do not usually cause effects. From 2 grams per day, the patient may have cramps, diarrhea and excess gas.

CONCLUSION

Vitamin C is one of the most important vitamin for people, because of it has a lot of benefits:

- Improves the immune system
- Reinforcing the body
- Protecting the blood vessels
- Protecting the eyes, skin, heart

Thank you for attention!