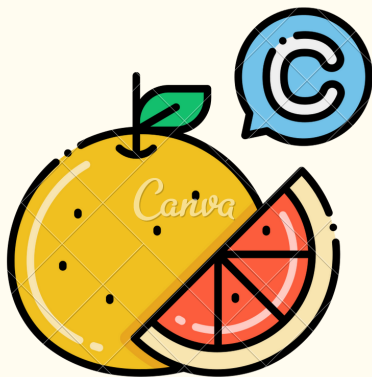
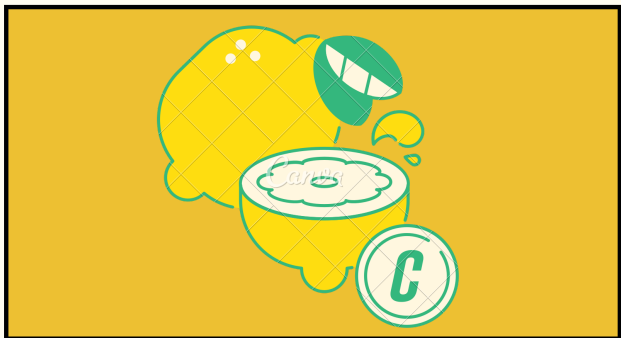


IT'S ALL ABOUT THE VITAMIN C!



LET'S GET TO KNOW ABOUT VITAMIN C!

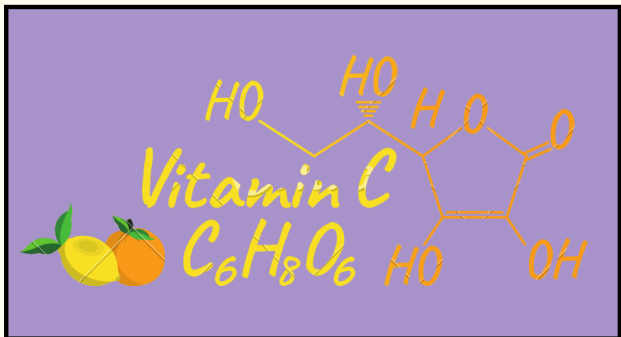


WHY IS IT IMPORTANT?

- integral for collagen synthesis, which is involved in wound healing and skin integrity
- synthesis of carnitine, which is needed for fatty acid uptake into mitochondria
- acts as an antioxidant and regenerates vitamin E
- supports immune function
- supports the absorption of non-heme iron (plant iron)

WHAT CAN YOU EAT?

- fruits and vegetables are the best sources
- major contributors include citrus fruits, tomatoes and tomato juice, and potatoes
- other good food sources include red and green peppers, kiwifruit, broccoli, strawberries, Brussels sprouts, and cantaloupe

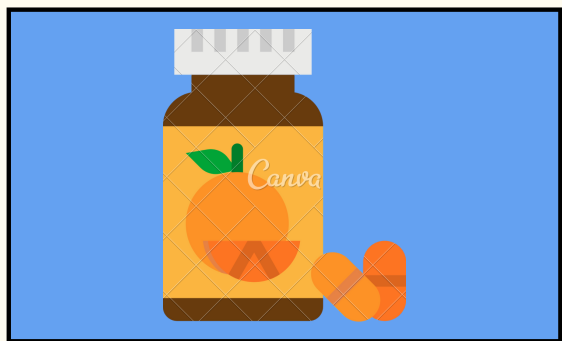


HEALTH BENEFITS

- may reduce the risk of developing of chronic diseases
- may help with high blood pressure management
- may lead to a reduced risk of heart disease
- may reduce blood uric acid levels and prevent gout attacks
- help prevent iron deficiency

TOP FIVE FOOD SOURCES

- red pepper, sweet, raw, 1/2 cup = 95 mg
- orange juice, 3/4 cup = 93 mg
- orange, 1 medium = 70 mg
- grapefruit juice, 3/4 cup = 70 mg
- kiwifruit, 1 medium = 64 mg



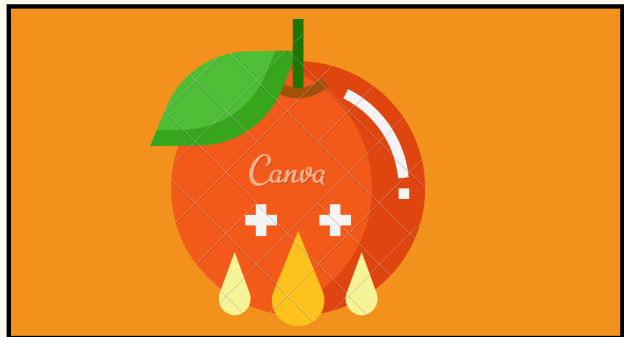
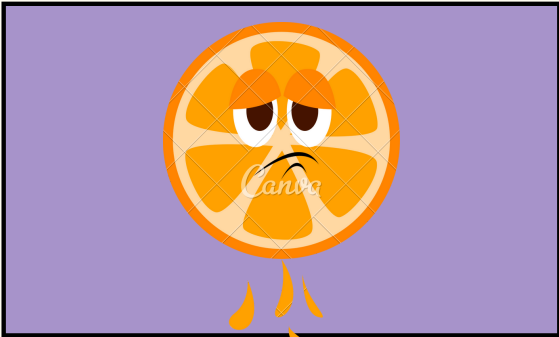
HOW MUCH DO YOU NEED?

MEN
90 mg

WOMEN
75 mg

WHAT IF YOU CONSUME TOO LITTLE?

- deficiency can lead to scurvy but development depends on vitamin C body stores
- initial symptoms include fatigue, malaise, and inflammation of the gums
- collagen synthesis becomes impaired and connective tissues weaken
- other signs include depression, loosening or loss of teeth, and iron deficiency anemia



WHAT IF YOU CONSUME TOO MUCH?

- has low toxicity and is believed to not cause serious adverse effects
- most common complaints include diarrhea, nausea, and abdominal cramps
- reported effects include reduced vitamin B12 and copper levels, accelerated metabolism or excretion of ascorbic acid, erosion of dental enamel, and allergic responses

INTERESTING FACTS

- people who regularly take vitamin C supplements experience shorter colds and milder symptoms
- high intakes of vitamin C from fruits and vegetables have been shown to lower the risk of developing lung cancer, breast cancer, and colon cancer
- acts as an antioxidant to help protect cells from the damage of free radicals

