



**PROMOTES A
HEALTHY IMMUNE SYSTEM**

Because of the antihistamine factors of high doses of vitamin C, the vitamin promotes optimal immune functions.



**PROMOTES
CARDIOVASCULAR HEALTH**

Studies suggest that high intakes of fruits and vegetables help support cardiovascular health.



**PROVIDES ANTIOXIDANT
PROTECTION**

Vitamin C is considered an antioxidant because of its ability to combat free radicals.



**PROMOTES SKELETON,
MUSCLE AND SKIN HEALTH**

Vitamin C provides structural support found in the bone, skin and connective tissue.



DID YOU KNOW?

Cooking destroys vitamin C activity! Enjoy fresh fruits and vegetables like sweet green and red peppers, hot red and green chili peppers, Brussels sprouts, cauliflower, cabbage, kale, collards, mustard greens, broccoli, spinach and strawberries as a healthy snack or side dish.



**HELPS MAINTAIN HEALTHY
CHOLESTEROL LEVELS**

Vitamin C assists in promoting normal levels of cholesterol and normal blood pressure and promotes normal platelet activity.



VITAMIN C

REALLY PACKS A PUNCH!

Vitamin C is a water-soluble vitamin that is naturally present in some foods, added to others, and available as a dietary supplement.

SOURCES

<http://exposedhealth.com/vitamin-c/>
<https://ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/#h10>