

# The Facts On VITAMIN C

**FACT:**

Cooking can destroy the activity of vitamin C.

**FACT:**

Around 90% of vitamin C in the typical diet comes from fresh fruits and vegetables.

**FACT:**

Vitamin C (ascorbic acid) is best known for its antioxidant properties. Ascorbic acid may be the most important water-soluble antioxidant in the body.

**FACT:**

A scientific panel recommended increasing the current recommended daily amount for vitamin C from 60 mg to at least 100-200 mg per day.



Peppers (sweet green and red peppers, as well as hot red and green chili peppers) are especially rich in vitamin C. Other good sources include citrus fruits and juices, brussels sprouts, cauliflower, cabbage, kale, collards, mustard greens, broccoli, spinach and strawberries.

## WHAT VITAMIN C (ASCORBIC ACID) MAY DO FOR YOU:

- Supports a healthy immune system.
- May promote normal pulmonary health and normal modulation of prostaglandin synthesis.
- May help to maintain healthy vision.
- Helps support cardiovascular health.
- Assists in promoting normal levels of cholesterol and normal blood pressure.
- Promotes normal platelet activity and normal intestinal absorption of iron.
- Promotes healthy triglyceride levels.
- Helps moderate healthy iron absorption.
- Helps protect against LDL peroxidation by scavenging free radicals.
- Helps maintain endothelial cell function by promoting the synthesis of nitric oxide.
- Helps preserve intracellular reduced glutathione concentrations.
- Helps maintain healthy connective tissues including collagen, elastin, fibronectin, proteoglycans, bone matrix and elastin-associated fibrillin.

\*These statements have not been evaluated by the Food and Drug Administration. This product(s) is not intended to diagnose, treat, cure or prevent any disease.